PARKE, DAVIS & CO. GAL 130

HEALTH

A WEEKLY JOURNAL OF

DOMESTIC AND SANITARY SCIENCE.

BOSTON MEDICAL LIBRARY ASS'N. MAY 8 1888

"Reason's whole pleasure—all the joys of sense—
Lie in three words, HEALTH, PEACE, and COMPETENCE."—*Pope.*

EDITED BY DR. ANDREW WILSON, F.R.S.E. &c.

VOL. V.—No. 124.] FRIDAY, AUGUST 21, 1885. [PRICE TWOPENCE.
Registered at G.P.O. as a Newspaper.

BRAND & CO.'S INVALID SOUPS, Potted Meats, PRESERVED PROVISIONS, ETC.

BRAND & Co's PRESERVED PROVISIONS SOUPS & SPECIALTIES FOR INVALIDS

ESSENCES of BEEF, MUTTON, VEAL & CHICKEN, BEEF TEA, TURTLE SOUP & JELLY, MEAT LOZENGES &c.

SOLE ADDRESS No. 11, LITTLE STANHOPE ST. MAYFAIR. W.

BRAND & CO.'S OWN SAUCE.

A fine Tonic and Digestive.

An excellent Relish for "Fish, Flesh, or Fowl."

See *Lancet* for Report on Food Products, Paris Exhibition, 28th September, 1878.

INTERNATIONAL HEALTH EXHIBITION.

GREAT SUCCESS.

Two Gold, Two Silver, One Bronze, Medals,

AWARDED TO

P. A. MAIGNEN,

32, ST. MARY-AT-HILL, EASTCHEAP, LONDON, FOR

Maignen's Patent Filtre Rapide

AND

WATER-SOFTENING PROCESS.

"Bijou D."

"The Cottage."

Prices and Particulars in Pamphlet, "Water, Preventable Disease, and Filtration," by P. A. MAIGNEN.

FRAUD! — IMPORTANT NOTICE.

VIN MARIANI — COCA WINE.

VIN MARIANI should be particularly demanded, as there are several fraudulent and worthless imitations of this valuable preparation. By its use health is restored and strength obtained.

This Peruvian Plant yields from its leaves the most powerful tonic yet discovered; its effects are more speedy, more apparent, and more durable than any other known. It is a nervous excitant, giving great muscular vigour, and sustaining the human frame under unusual physical exertion and fatigue.

Delicate persons and people of nervous and excitable temperament will find this Wine a real boon, as it supplies just the stamina required. Invalids and Convalescents will find in it the gentle stimulant and sustaining power so eagerly sought after. It is exceedingly pleasant to take, and is used by very abstemious persons as a Dessert Wine. It is of a low alcoholic strength, containing only the percentage of an ordinary Burgundy. It may be taken continuously, as it does not derange the nervous system, as is too often the case where "Bark" or Quinine are given.

This wine is in great repute on the Continent, and is prescribed very largely by all the principal physicians. A Pamphlet, giving a detailed account of it, will be forwarded on application to the Agents,

ROBERTS & CO. { 76, New Bond Street, London. / 5, Rue de la Paix, Paris. | 41, Bd. Haussmann, Paris. / 19, East 16th Street, New York. } MARIANI & CO.

PULVERMACHER'S

ELECTRICITY IS LIFE.

TRADE MARK.

WORLD-FAMED GALVANIC BELTS

ELECTRICITY IS LIFE.

TRADE MARK.

DR. C. HANDFIELD JONES, F.R.C.P., F.R.S., Physician to St. Mary's Hospital, says:—"I am satisfied that Mr. PULVERMACHER is an honest and earnest labourer in the field of science, and I think he deserves to meet with every encouragement from the profession and scientific men."

DR. GOLDING BIRD, M.D., Physician, Guy's Hospital, says:—"I can hardly recommend Mr. PULVERMACHER'S INVENTION too strongly to the notice of my medical brethren."

DR. T. W. NUNN, Surgeon, Middlesex Hospital, says:—"Mr. PULVERMACHER'S INVENTION is the most convenient one I am acquainted with for the purpose of applying the galvanic current."

DR. R. M. LAWRENCE, M.D., Physician, Great Northern Hospital, says:—"I have frequently used PULVERMACHER'S BATTERIES, and can testify to the great merit of this invention."

DR. J. RUSSELL REYNOLDS, F.R.C.P., Physician to University College Hospital, describes a remarkable cure of paralysis of the right arm effected by PULVERMACHER'S GALVANIC BAND:—"Restoration of temperature in the affected arm, and perfect cure of the patient, empowered him to write in a quick, legible hand. No medicine of any kind was given."

DR. JAMES WILSON, M.D., Physician to Worcester Infirmary, says:—"I have used Mr. PULVERMACHER'S BELTS now for many years, and I should like to see Mr. Pulvermacher more warmly supported by the medical profession, as I feel sure that many of my medical brethren are unaware of the powerful adjunct we have in the treatment of many diseases by the use of the PULVERMACHER BELTS."

DR. W. A. PATCHETT, M.R.C.S., says:—"I have much pleasure in stating that the six galvanic bands which I have obtained from you within the last few months were in every case highly successful in curing most obstinate neuralgia when all other remedies tried have failed to give relief."

SIR CHARLES LOCOCK, Bart., M.D., says:—"PULVERMACHER'S BELTS are very effective in neuralgia and rheumatic affections, and I have prescribed them largely in my practice for other similar maladies, paralysis, &c."

SIR GEORGE DUNCAN GIBB, Bart., M.D., says:—"PULVERMACHER'S NECKLACE worn round one half of the neck keeps up a mild continuous stream of Electricity, which is extremely beneficial, and renders the voice permanent."

MESSRS. J. L. PULVERMACHER & CO., the eminent Medical Galvanists, who have had upwards of 36 years' experience in the treatment of nervous diseases, give advice daily at their Galvanic Establishment, 194, Regent-street, W., free of charge, and patients who are unable to call should write, describing their symptoms, when medical pamphlet and advice will be sent post free.

FOR FURTHER TESTIMONIALS, both Medical and Private, see new Pamphlet, "GALVANISM: NATURE'S CHIEF RESTORER OF IMPAIRED VITAL ENERGY," post free on application to

J. L. PULVERMACHER & CO.,

194, REGENT STREET, LONDON, W. (Nearly Opposite Conduit Street).

RICH IN PHOSPHATES & NITROGEN.

NOT FARINACEOUS.

MELLIN'S FOOD for INFANTS and INVALIDS.

TESTIMONIAL.

Woman's Hospital and Foundling's Home,
Detroit, Mich., January 3rd, 1881.

We treat, in the course of a year, a great number of children. Since we have used MELLIN'S FOOD the mortality has been reduced by more than one half. Our children have never looked so well and healthy as they do at the present moment.

H. E. DEANE, M.D., Resident Physician.

PRICE 1/6 & 2/6 PER BOTTLE.

TRADE

ORK ET LABORE

MELLIN'S

LACTO-GLYCOSE

OR

MILK FOOD.

Price 2s. and 3s. per Bottle.

Sample and Prospectus on application to the Inventor and Manufacturer,

G. MELLIN, Marlboro' Works, Peckham, S.E.

HEALTH

EDITED BY

DR. ANDREW WILSON, F.R.S.E., &c.

LONDON: *FRIDAY, AUGUST* 21, 1885.

CONTENTS OF No. 124.

	PAGE
Notes by the Way. By the Editor	321
Original Essays:—	
Drinks for Summer. By M.D.	322
Cycling Novelties and Improvements. By Sigma Smith	323
Personal Health:—	
Cholera and its Treatment	324
Hot Weather Diet	325
Family Circle:—	
Science for Housewives. By Arthur Chester	325
Directions to Housekeepers	326
Cuttle-fish Bone	326
Public Health:—	
Our Ambulance Lectures. XXII. By J. Whitson, M.D.	327
Jottings from the Journals; Accidentally Drowned—Provisioning of Ocean Steamers—New Use for Toads—Salt as a Destroyer of the Teeth	329
Our Bookshelf: A Book on Drugs and their Uses, &c.	330
Sanitary Appliances	331
Our Letter Box: Ventilating Hats—Queries and Answers	332

Notes by the Way

BY THE EDITOR.

"Health is the foundation of all our physical happiness."—*Herder.*

I HAD occasion to attend an inquest in London the other day, and, in the course of the proceedings, to listen to the details of a very sad case of accidental death from the overturning or exploding of a paraffin lamp. This is an old danger, and one to which reference has frequently been made in these pages. The evidence in the case to which I allude rendered it doubtful whether the accident arose from the lamp exploding, or from the lamp being overturned, and thus setting fire to the unfortunate person, who was found suffocated and severely burned within a few minutes after the alarm of fire had been given. Both coroner and jury remarked the frequency of such accidents, but no suggestions were thrown out regarding the prevention of these distressing occurrences.

TURNING up a recent number of this journal—that for June 12th last—I found food for reflection, after the recital of the sad story of the inquest, in the form of a letter I then published regarding a very excellent means of preventing the accidents in question. The writer of the letter, a Mr. Rayner, of Mare-street, Hackney, London, gave an account of a patent which he had taken out for a simple contrivance calculated to render the occurrence of such accidents an impossibility, in the shape of an "Automatic Extinguishing Safety Paraffin Lamp." Incited by the story of the inquest to inquire into the merits of this invention, I have made a minute examination of Mr. Rayner's lamp. By means of a dexterous and yet simple appliance affecting the wick of the lamp, any accident in the way of fire is rendered utterly impossible. The moment the lamp is in the least disturbed, to say nothing of being overturned, it is instantly extinguished. A plug is liberated on the slightest movement of the lamp, which, in its turn, liberates a spring, at once compressing the wick and effectually extinguishing the flame. Anything more satisfactory in the way of a preventive mechanism, I have not hitherto seen; and I cordially recommend Mr. Rayner's invention to the notice of all who require to use the ordinary paraffin lights.

I SHOULD add that even in the case of an explosion, the appliance I have described would act with due effect as well as in cases of the overturning of lamps. In event of an explosion, as I understand the nature of the danger, the light of the lamp is the real cause of the accident. Therefore, in case of a lamp being shattered by the force of the explosion of its oil, the apparatus I have described would act with instantaneous effect in extinguishing the flame, and thus would save the bystander from the effects of the fearful burning which follows upon the ignition of the oil.

"Ready-Made Statues" is the name given to a piece of news which is certainly of startling character in so far as its mere details are concerned. A chemist of Brest proposes to convert the remains of human beings into statues by a process of chemical and electrical nature. The dead body is treated so that it becomes as hard as marble, and is thus rendered practically imperishable. What is to be done with the remains, after being so treated, our chemical friend does not suggest. The possession of the bodies of our friends treated in this way does not appear to present any agreeable or advantageous prospects, and on this account we fear the proposal will not bear practical fruit. An ingenious critic, however, has been equal to the occasion. He suggests that we may save the cost of statuary by converting the bodies of our great men into imperishable figures. It would certainly be a startling innovation on the ordinary process of embalming were the proposal ever carried out, and were we to place the veritable bodies of notable persons in our streets as incentives to the culture of great qualities among the people. But such a proposal is rather too advanced for adoption by the present age.

I HAVE been much interested in the report of an investigation made by a Dr. Bajenoff into the differences which exist between the skulls of assassins and those of distinguished men. This scientist took fifty-five heads of murderers, and nineteen heads of distinguished men, while he ultimately added other six heads to the list of nineteen. By means of a head-measurer he ascertained that the frontal or forehead development of the cultured men was vastly in excess of that of the assassins, and also of that seen in savage races. This observation, I may remark, exactly tallies with the most recent researches regarding the functions of the brain.

THE forehead lobes of the brain are those which by common consent are now regarded as ministering to the highest duties of the organ of mind, and as, in fact, being the seat of those faculties we are accustomed to term "intellectual" in their nature. The general result of these researches is to confirm the teachings of physiology and of comparative anatomy as well. The lower we descend in man, and in lower animal life as well, the greater preponderance do we find given to the face while the frontal lobes of the brain are conversely the worst developed. The researches of Dr. Bajenoff prove this inference to be correct. Among savages, civilised and uncivilised alike, he finds the face and hinder parts of the skull to be the best developed parts. In distinguished men, the frontal parts excel in the order of skull-development, and necessarily of brain-development also.

IN reply to several correspondents, I may say that the address of the agent for the "Chamberland-Pasteur Filter" is at 2, Tower Royal, Cannon-street, London, E.C., and 66, Queen Victoria-street, E.C., Mr. H. L. Walters being the agent for the United Kingdom and colonies.

AMONG the real worries of life—to many persons at least—the task of finding the times of arrival and departure of trains stands paramount. I note that this worry is

likely to be largely decreased, if, indeed, it is not completely abolished, by the use of the ingenious "Penny Alphabetical Time Tables," which give railway details between London and all parts of the United Kingdom. Anything handier, more complete or simple in the way of time tables, I have not chanced to see; and I apprehend the success of this new venture will be complete, because it supplies cheaply and thoroughly a real and crying want of the day. The publishing office of the "Penny Alphabetical Time Table" is at 75, Queen-street, London, W.C.

✦ ✦ ✦

THE article on "Cholera and its Prevention," recently published in HEALTH, has been reprinted as a leaflet, and may be had in quantity, at a cheap rate for distribution, on application to the publisher of HEALTH. I am in hopes that this little leaflet will be largely read by the masses, and its teachings laid to heart at the present time, when we have need to take precautions that the enemy which is devastating Spain and Marseilles shall not find a lodgment in our own country.

✦ ✦ ✦

SUNDRY small jokers are apparently finding appropriate material for the exercise of their callow wits in the shape of an announcement that the Town Council of Exeter has issued a circular giving a few plain instructions to women regarding the proper treatment of infants. The captious critics who poke fun at the Exeter Corporation cannot, of course, be expected to know that the mortality of children under one year is enormous, or that this slaughter of the innocents is largely due to careless feeding and to errors in the way of diet. When these facts, however, are taken into account, sensible people, I fancy, will be found to warmly applaud the benevolent work of the Exeter magistracy. It is to be hoped not only that the Corporation which has thus begun a good work will go on prospering in its labour of diffusing health-knowledge, but also that other corporations will extend a like paternal interest over the cities committed to their charge.

✦ ✦ ✦

THE following authenticated particulars regarding outbreaks of cholera in the United Kingdom are issued, and their reproduction here will prove of interest to my readers. In 1831 cholera appeared in Sunderland, having been brought from Hamburg at the end of October. It then spread to Newcastle and Gateshead. In December it reached Haddington (Scotland), in January Tranent, in February London and Edinburgh, in March Glasgow; thence to Belfast and Dublin, and in April to Cork. This is an instance, not only of its reaching a country late in autumn, but also of active spreading during the winter months.

✦ ✦ ✦

CHOLERA attacked Hull in 1848 (brought from Hamburg) in the beginning of October. Thence it spread to Edinburgh, London, Gravesend, Plymouth, Sunderland, Glasgow, Dumfries, &c. It lasted through the winter, breaking out with increased intensity in the spring of 1849, and ended in the late autumn of that year.

✦ ✦ ✦

IN 1853 cholera reached Great Britain in the summer. It remained through the winter, breaking out afresh in the following year, 1854. It appeared in 1865 at Southampton at the end of August, and in 1868 at London in June. Dr. George Buchanan, in a recent manifesto of the Local Government Board, remarks that in many localities the conditions favouring the health of the people, as against cholera-attack, were never so powerful as at the present time. This is gratifying news, and it is to be urged, again and again, that the people hold in their own hands the power of limiting cholera-spread.

Original Essays

"Life is not to live, but to be well."—*Martial.*

DRINKS FOR SUMMER.

BY M.D.

THE demand of the system for cooling drinks in hot weather, we have admitted to be a perfectly natural requirement, while at the same time the dangers attending the unwise use of summer beverages of all kinds have been duly insisted upon in our recent papers. It may be said, in one sense, however, that we have opened of late years into a new era in this matter. Not so very long ago, the only summer beverages were alcoholic in their nature. Save for lemonade, and like fluids, the person, who, without being an abstainer, might wish to imbibe a non-intoxicant liquid, was practically left out in the cold. It was "lemonade or nothing" in those days; and the temperance crusade—or rather the benefits of moderation in all things, and the great good of abstinence in those for whom abstinence is best—had not then assumed the social importance of later years. But *nous avons changé tout cela*, and it may, without a suspicion of bigotry be asserted, that the world is much the better for the change. To-day it is not only a feasible, but, without doubt, a beneficial change, to find that our summer drinks need not necessarily be either heady or intoxicating, and that we can cool our frames safely and healthily without, as a matter of course or custom, having resource to alcohol in one shape or another.

We may say this much, without in any sense pledging ourselves to write an article on total abstinence. What we do urge, is that it was no less a necessity than an advantage, that we should be able to utilise chemical skill in the making of non-alcoholic beverages for those who avoid alcohol on principle, or as a matter of physical expediency. In the course of a tolerably wide investigation into the various makes of summer drinks, we have felt convinced that a really great good has been accomplished by the manufacture of pure, wholesome beverages, adapted for quenching the thirst of the masses, and more especially, we may add of the young, to whom alcohol, of any strength or quantity at least, is apt to be highly injurious.

The qualities which should mark an effective summer drink are an agreeable flavour, absence of nauseating sweetness—itself a powerful source of thirst and dyspepsia—and want of any injurious substance calculated to disturb digestion. First in the field of popular favour come the lime-fruit preparations, which are to be highly recommended in the light of summer "coolers." In such juices, it should be remembered, we find *citric acid*, both in a free state and combined with *potash* and other minerals, while *malic acid* and *phosphoric acid*, &c., are also contained therein. There is no doubt that these preparations exert a healthful influence in the blood. In the treatment of *scurvy*—a disease happily well-nigh obsolete when compared with its ravages in former years—lemon-juice is of the highest value; while in acute rheumatism, it may be remarked, lemon-juice has been regarded as useful in that it conveys alkalies (potash, &c.), into the tissues.

The demand for such healthy drinks has induced a natural supply, and in the market to-day we may find beverages of this kind, which, besides being pure and wholesome, afford the means for making summer drinks of most agreeable kind. In the interests of the readers of HEALTH we have for some time been engaged in a private investigation of various summer beverages, and we now

place the results of our investigations before the public. The Lime Juice preparations of Messrs. Rose may be said to present us with capital examples of such beverages. A little of the Lime Juice Cordial of these makers, placed in a tumbler, with added water (or lemonade), and a piece of ice, forms an agreeable and thoroughly pure drink. As cooling drinks, the preparations of this firm are unrivalled; and when used alone or in combination with aërated waters to suit the varied tastes of consumers, cannot well be surpassed. We have taken pains to ensure ourselves that Messrs. Rose's Lime Juice Cordial is really what it professes to be. It has fully satisfied all the tests brought to bear upon it, and we can therefore guarantee its absolute purity—an essential feature in a drink of this nature.

Another excellent preparation of this kind is that of Messrs. Feltoe & Sons, whose Specialité Lime Juice is to be highly commended for its agreeable flavour, while the fact that this preparation does not turn sour or musty after being opened, is also to be added to the list of its virtues. The "Montserrat Company's" Lime Juice preparations, also demand notice. The range of cordials manufactured by this firm having Lime Juice as their basis is very wide. These beverages are pure and refreshing.

In the course of our journey in search of healthy drinks, the vast improvement which is to be noted in the manufacture of ginger ales, &c., forms a pleasing feature of modern non-alcoholic beverages. Thus we found Bingley's Ginger Ale to represent the acmé of perfection of such fluids. The aromatic flavour of the Jamaica essence is thoroughly preserved in this beverage; as, from inquiries we have made, the "ale" is found to be manufactured by a process ensuring its purity and absolute freedom from all injurious substances; this preparation merits our warm commendation. A more delicious beverage could not be taken. It has all the exhilarating qualities of an effervescent wine, without the least *soupçon* of mawkishness.

The class of "Fruit Drinks" has grown to be a very large one, and necessarily becomes highly popular on account of the pleasant nature of the basis of each, which is capable of being infinitely varied to taste in the direction of the various fruit essences used in their manufacture. The "Fruit Champagne" of Messrs. Barnett & Foster represents a good example of a wholesome and exhilarating fruit-drink, rendered highly palatable through its being of effervescing nature. This firm rings the changes upon lemon, pine-apple, raspberry, pear, orange, and other fruits, and provides a series of palatable refreshing drinks, free from all medications, and capable of being taken alone or diluted to taste. Beckett's "Fruit Drinks" have also obtained a wide celebrity, and rank as favourable specimens of this class of manufactures.

Of Messrs. Cantrell & Cochrane's Aërated Waters nothing need be said. Their high reputation for purity and their variety have together ensured a reputation which it is needless to praise. As additions to other fluids, or taken alone, the preparations of this famous house are all that can be desired. Of the more special beverages which have from time to time been invented ostensibly as substitutes for alcohol, perhaps Zoedone is the most trustworthy, as, in point of time, it appears to be the oldest of these drinks. This beverage is credited with tonic as well as refreshing properties, and appears to have satisfied a public want in respect of an agreeable liquid suitable for ordinary use at all seasons of the year.

Having thus detailed some of the best-known and tried manufactures in the way of summer drinks, it remains for us to note other forms of cooling beverages in vogue at the present season. A very excellent recipe is that of putting the contents of a pot of jam into a muslin bag, and allowing the essence of the jam to filter through into a large jug of cold water. This process will take some hours, and if a little ice be added to the fluid after the bag has been removed a very pleasant drink is obtained. Raspberry vinegar and water (or lemonade) make a very agreeable beverage. Cold tea is preferred by many persons, although doubtless its use exhibits an "acquired" taste. Lemon juice added to the tea improves its flavour immensely.

The great family of "Cups" presents undeniable attractions to thirsty souls in summer, as also do fruit drinks to which alcohol in moderate quantity is added. Thus a black currant drink is made by adding to one pint of the juice a quarter of a pint of green tea, half a gill of spirits, sugar, and water to taste. "Knickerbocker" is made by adding half-a-pint of lemon-water ice to half-a-pint of sherry or Madeira, one bottle of seltzer-water, and a quarter of a pint of shaven ice. The simplest "claret-cup" is made by sweetening a bottle of claret to taste, and by adding thereto a bottle of iced soda-water.

A popular Rhine drink is compounded of a bottle of hock, two ounces pounded sugar-candy, the juice of an orange or lemon, and a dozen woodruff leaves bruised. The leaves are put into a cool vessel, the sugar and wine are added, and in a few minutes thereafter the added orange-juice completes the mixture. Woodruff-leaves are kept by all herbalists.

"Apple water" is made by boiling twelve pippins and one quince in two quarts of water; by straining under pressure, and by then adding honey or sugar. "King's Cup" consists of the peel of one lemon, one and a-half ounces of lump sugar, one pint of cold water, and a teaspoonful of orange-flower water. This is to be strained after infusing for ten hours. A palatable "lemonade" is made of the juice of three lemons strained, the peel of one lemon, quarter of a pound of sugar, and one quart of cold water, mixed. These ingredients are to be digested for five hours, and then strained through a sieve.

"Lemon-whey"—a favourite beverage with many—is made by taking one pint of boiling milk, half-a-pint of lemon-juice, and sugar to taste. These are mixed, and the fluid strained thereafter. "Milk lemonade" is composed of sugar, half-a-pound; water, one pint; juice of three lemons; and milk, one pint. The mixture is to be finally strained. "Lemon sherbet" is compounded of sifted and powdered sugar, four pounds; citric acid, one ounce; and essence of lemon, two drachms. These are to be thoroughly mixed. Two teaspoonfuls of the powder, added to water, form an agreeable drink.

CYCLING NOVELTIES AND IMPROVEMENTS.

By Sigma Smith.

THE ARAB CRADLE SPRING.

It was hoped that the article in No. 115 of Health upon the Arab Cradle Spring would be illustrated with

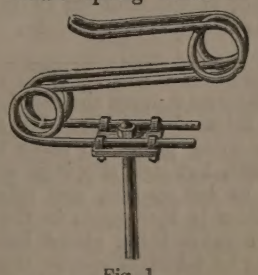


Fig. 1.

cuts, but unfortunately these were not available in time to

accompany the article, and we therefore reproduce them now. Fig. 1 is the spring as usually adapted to the top of the spindle of the tricycle. Fig. 2 is the same spring fitted

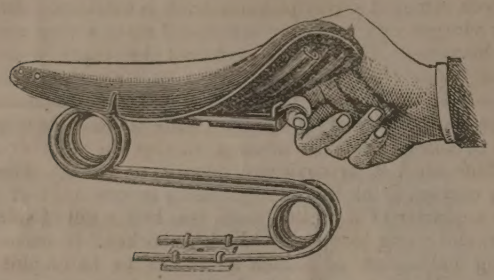


Fig. 2.

with the patent sliding arrangement, which allows the saddle to be slipped off in an instant and taken inside for

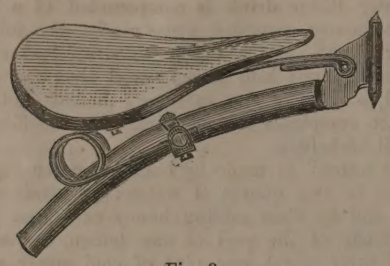


Fig. 3.

security when making a call. This is obviously useful in several ways, as it keeps the saddle dry when rain comes

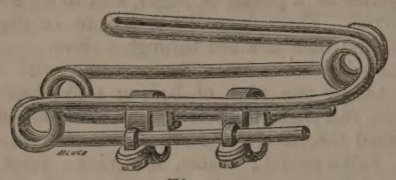


Fig. 4.

on and prevents a thief from riding off with the machine. Figs. 3, 4, and 5 show the spring as adapted for tricycles with

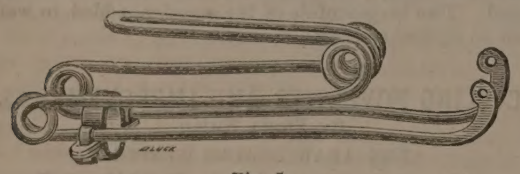


Fig. 5.

trailing backbones of the Humber, Carver, and Sandringham type, and as also suited for bicycles.

Dr. G. M. Christine urges the more extended use of tobacco in the form of poultices. He considers it very efficacious in relieving pain. To make the poultice, the leaves are the best, but cigar-clippings will answer. The tobacco should be cut up fine, and mixed with linseed meal. The poultice is then made in the usual manner, a piece of linen or gauze being placed between it and the skin. Care must be taken, of course, that the part of the body to which it is applied be not denuded of the outer skin.

Personal Health

"Be timely wise;
With health all taste of pleasure flies."—*Gay.*

CHOLERA AND ITS TREATMENT.

Mr. Frank H. Mason, United States consul at Marseilles, France, has forwarded to the Department of State, at Washington, some practical information concerning the prevention and treatment of cholera. His conclusions are derived from the studies of the epidemic of 1884 and preceding years in that city. He says that in its choice of victims, cholera is most precise and definite. With rare exceptions the victims belong to one of the three following classes:—Those who live under bad hygienic conditions, in respect to eating and drinking and exposure; those weakened and debilitated by alcoholic excess; and those who suffer from chronic digestive weakness or derangement. Among the imprudences which become dangerous in the presence of cholera are over-eating to the extent of producing lethargy, or indigestion, drinking any liquid so as to check the process of digestion, eating raw vegetables in the form of salads, and, in general, the use of raw fruits, unless perfectly fresh and ripe. Drinking cold water or beer after having eaten raw fruit is a direct challenge to cholera, which, no person, however strong and healthy, can afford to risk. The susceptibility of drunkards to choleraic influences is proved by abundant evidences, among which may be cited the sweeping fatality of the disease wherever it attacked inmates of inebriate asylums. Anything, in fact, whether of a temporary or chronic nature, which impairs the vigour of the digestive organs, exposes persons thus weakened to choleraic attacks.

Mr. Mason gives as the most effective destroyer of cholera germs in excretions the following solutions:—Solution of sulphate of copper, in the proportion of not less than two ounces to one quart of water; liquid chloride of zinc, one and one-half ounces to a quart of water; bi-chloride of mercury, one-sixth of an ounce to a quart of water; bi-chloride of copper, two ounces to a quart of water; sulphuric acid, four ounces to a quart of water. The same chemicals are used for disinfection of water-closets, sinks, and all other seats of decay or infection. For washing streets and drains, sulphate of iron, ten pounds in 220 gallons of water, or liquid chloride of zinc, twenty pounds in 220 gallons, has been found most effective and practicable. Phenic acid in the proportion of ten pounds to 220 gallons of water was largely used at Marseilles last year, but the results were less satisfactory than expected, some experts even going so far as to affirm that the phenic principle preserved rather than destroyed the germs of the contagion. He says that in the face of a cholera epidemic diarrhœa is a serious illness, and should be treated accordingly. He also says that, as a popular remedy for immediate use, nothing has been found superior to chlorodyne—sold by most druggists.—*Sanitary News.*

Endurance of Woods.—In some tests made with small squares of various woods buried one inch in the ground, the following results, says the *Garden*, were noted:—Birch and aspen decayed in three years; willow and horse chestnut, in four years; maple and red beech, in five years; elm, ash, hornbeam, and Lombardy poplar, in seven years; oak, Scotch fir, Weymouth pine, and silver fir decayed to a depth of half an inch in seven years; larch, juniper, and arbor-vitæ were uninjured at the expiration of the seven years.

HOT WEATHER DIET.

A RECENT publication called the *Cook*, which is supposed to be good authority in all cuisine matters, says that housekeeping presents more varied difficulties to the young housekeeper in summer than at any other season of the year. It is the season when heavy joints should be eschewed, and light, tempting viands, arranged in neat, appetising form, served in their stead.

Summer menus are much more difficult to arrange than others, as our systems demand cooling viands. There is nothing more acceptable than cold meats, such as cold roast lamb, cold roast chickens, and, among cold vegetables, cold asparagus. These, if neatly arranged on the dishes and prettily garnished, if with nothing other than a few fruit blossoms, will please the eye and more easily tempt the palate. Salads present an endless array of good cheer during summer, and are most acceptable. A liberal diet of fresh, thoroughly ripe, fruit is of the highest importance to most of us; but care must be exercised not to eat too heartily of it at any one meal. Vast quantities of liquids should be avoided when fruit has been eaten.

At no season of the year is it more important to have good, reliable servants than in summer. If they condescend to remain in the city, it is with reluctance and an increase of salary. The summer presents to them visions of sea beaches, green fields, and flirtations, not to be cast aside without strong financial inducements, and even then they feel and act like caged birds struggling to be free. Consequently watchfulness greater than at other times must be exercised, to see that they do not neglect the proper care that food should receive at this season. Viands of all kinds should be purchased from day to day, and delivered early in the morning or after sundown. When this is not possible, one should have a good-sized ice-box capable of holding a good supply of ice. It should be so arranged that milk, butter, &c., are separated from meats and vegetables. When huddled together, they lose their identity, so far as their individual flavours are concerned, and become tainted with the flavour of one another. This is particularly true of milk and butter, which rapidly absorb impure or obnoxious flavours. Cleanliness is nowhere more important than in the ice-box, which should be thoroughly scrubbed at least twice a week.

Milk is a very important summer diet, but should be used in moderation, or it is liable to produce ill effects. Drink it in small mouthfuls, and rest a moment between them. Dyspeptic persons are advised to beat the milk a few moments before drinking. This treatment breaks the butter globules, and renders digestion easier. We strongly recommend skimmed milk and fresh butter-milk as summer drinks instead of ice-water. The ice-water dyspepsia, a common malady during the summer months, may be entirely relieved by using small quantities of freshly-churned butter-milk, accompanied by what is known as a moderately dry diet.

Breakfast should not be a heavy meal, and hot food should be used in moderation. Hot tea and coffee liberally partaken of prevent one from feeling comfortable all day. Radishes ice-cold, oatmeal-crackers and milk, a dainty slice of cold lamb, fresh fruit, and cold asparagus, presents a breakfast menu that makes hot weather a luxury.

HEALTH EXHIBITION, LEICESTER.—Including Sanitary Apparatus and Appliances, Heating and Cooking Apparatus, articles relating to Personal Hygiene, Domestic Cookery, Foods, Clothing, &c. To be held from September 22 to October 10, 1885, in connection with the Eighth Autumn Congress of the Sanitary Institute of Great Britain. Prize medals and certificates will be awarded for approved exhibits. For applications for space and all particulars, apply to E. L. BOX, 74A, Margaret-street, London, W.—[ADVT.]

The Family Circle

"The child is father of the man."—*Wordsworth.*
"In bringing up a child, think of its old age."—*Joubert.*

SCIENCE FOR HOUSEWIVES.

BY ARTHUR CHESTER.

To *preserve milk*, put in it a small portion of a mixture of two parts of borax to one of alum. Meat, eggs, butter, &c., covered with a solution of this mixture, may be preserved for a long time.

To keep milk sweet for a year, draw the milk from the cow into bottles; when filled, cork and fasten with packthread or wire. Then spread a little straw on the bottom of a boiler, on which place the bottles with straw between them. Fill the boiler with water, boil, draw the fire, and let the whole cool gradually. When cold, take out the bottles, pack them in sawdust, and keep in a cool place.

To keep milk sweet for several days, put in each pan of it a teaspoonful of fine salt or horseradish.

To preserve eggs, take them when newly laid and almost perfectly full, and cover the porous shell with linseed oil, milk of lime, or a solution of gum arabic, so as to render the shell air-tight; then pack.

To keep meat fresh, place the meat on a wooden support (or suspend it) in a close vessel, on the bottom of which some strong acetic acid has been poured.

To keep dressed poultry fresh for a long time, wipe the inside dry with a towel, and rub inside and out with flour. Place inside a piece of blotting paper with one or two drops of creosote upon it, wrap in a similarly prepared paper, and hang in a cool, dry place.

To preserve fresh fish, clean and sprinkle sugar over the interior, keeping the fish in a horizontal position, so that the sugar may penetrate as much as possible. A tablespoonful of sugar is sufficient for a five-pound fish.

To cure beef and pork, take fresh killed meat and sprinkle it with powdered saltpetre; let it remain two days to remove the surface blood; pack between layers of salt in a large cask; cover with cold brine made as follows: to each gallon of water add one pound and a half of salt, half a pound sugar, half ounce saltpetre, and half ounce potash, boil and skim.

To cure hams, cover the bottom of a large cask with coarse salt; on this lay the hams skin side downward, sprinkle over them fine salt, in which has been mixed a handful each of mace and cloves, then another layer of hams sprinkled with the prepared salt, and so continue until the hams are all packed. Make a brine in the following proportions: six gallons water, nine pounds salt, four pounds brown sugar, three ounces saltpetre, one ounce saleratus; scald and skim; when cold pour over the hams until they are completely covered. Keep the hams under the brine by laying upon them a large, round, flat stone. About three months' time is required to cure.

To smoke meat after it is cured, cover it with bran or wrap in a cloth to protect from soot; hang in the smokehouse and smoke very slowly with smoke from oak or beech wood. A flavour similar to that of smoked meat is produced by soaking the meat a few hours in diluted pyroligneous acid.

To cure butter, melt it in a well-glazed earthern pan, set into a water bath at a temperature not exceeding 180°

TO INVENTORS.—Inventions protected by Royal Letters Patent at lowest rates. Provisional protection for nine months, £2. For all information concerning Patents address Messrs. LULMAN & Co., Patent Agents, 8, Essex-street, Strand, London, W.C.—[ADVT.]

Fahr., skim until the butter becomes quite transparent, then pour off into another vessel, and cool as quickly as possible with ice.

To preserve butter, make a mixture of one ounce of powdered saltpetre, one ounce pulverised white sugar, and two ounces fine salt; add one ounce of this mixture to every pound of cured butter, and thoroughly incorporate them together; pack solid in glazed earthenware vessels. After two or three weeks the butter acquires a rich marrow flavour, and will keep for years.

To preserve common butter, first make a mixture in the proportion of twenty pounds butter, three pounds salt, one pound loaf-sugar, and a quarter-pound pulverised saltpetre; pack the butter to be preserved in air-tight casks, in layers about eight inches thick, between each of which is a thin covering of this mixture. Butter packed in this way will kept sweet for two or three years.

To clean silver utensils blackened by eggs, boil the silver in a saturated solution of borax, or scour with a solution of caustic potash, in which are some fragments of metallic zinc.

Clean gutta-percha with a mixture of soap and powdered charcoal; polish afterward with a dry cloth having a little of the charcoal on it.

To dissolve old blood stains, dip the stained cloth into a solution of iodide of potassium, dissolved in four times its weight of water.

To dry fresh meat, cut the flesh into slices weighing two to six ounces each; boil five minutes, a few slices at a time, keeping just enough water to cover the meat, then dry the meat about two days on an open trellis-work in a drying stove, keeping the temperature at about 122 degs. Fahr. Take the liquor in which the meat was boiled, add salt and spice, especially coriander, and evaporate it to a gelatinous consistence. Into this dip the pieces of dried meat, and dry again in the stove; repeat this varnishing and drying two or three times, and the meat will keep good for a year.

To make extract of meat, cut the lean of fresh-killed meat into small pieces; put them into eight times their weight of cold water, and gradually heat to the boiling point. Boil a few minutes, strain, and evaporate the liquor gently over a water bath to a soft mass. Two pounds meat yield one ounce extract. Fat must be carefully excluded, or the extract will not keep.

To can meat, parboil fresh meat, put it into the can, and fill up with richly seasoned soup; solder on the lid pierced with a very small hole; put the can into a bath of brine, and heat until steam issues from the hole; after a couple of minutes remove the can from the bath, and quickly solder up the small hole.

To remove pitch, varnish, or oil-paint stains from clothing, soften the stain by applying butter or lard; then wash it in turpentine or benzine. If the stain is very dry, use chloroform.

To remove spermaceti or stearine stains, scrape off as much as you can, then lay a piece of thin, soft, white blotting-paper on the spots, and press with a warm iron. Repeat until the spermaceti is drawn out. Then rub the cloth with soft paper.

To remove iron stains from woollen materials, dip the stain in a saucer containing a little warm hydrochloric acid; let it remain about one minute, until the oxide of iron is dissolved; then wash the cloth well, first in water, then in a little soda and water, so as to remove all trace of the acid. Oxalic acid (a poison, and as such to be carefully labelled and put away under lock and key when done with) may be used instead of hydrochloric, but more time is required, and with old fixed spots it is not so effective.

DIRECTIONS TO HOUSEKEEPERS.

To obviate some of the nuisances which the carelessness of housekeepers is responsible for, the State Board of Health of Louisiana has issued a circular. The directions are applicable everywhere, and we quote the greater part:—

Keep the yards of premises free from accumulations of vegetable and animal refuse, which the heat of summer will rot and render offensive to the senses and injurious to health by contaminating air and water.

Fill all low places. Disinfect drains and low spots by the free application of unslaked lime, or by a thorough sprinkling with chloride of lime or solution of copperas.

Never allow stagnant water to remain under the house. Establish drainage to street gutter, or fill up existing holes with river sand.

Have all vaults on premises deodorised and disinfected with a solution of copperas. Two pounds of copperas dissolved in a gallon of water added to the contents of foul vaults will do much good. Repeat this application every two weeks. All trash, vegetable and animal, should be disposed of by burning it in the kitchen-stove. This can be done at no expense. You thus get rid of matter which, if allowed to remain even a few hours, becomes offensive. You assure your own comfort, improve the sanitary condition of your premises, and accomplish the great work of disposal of garbage by cremation.

A brief trial of this suggestion will convince housekeepers that it is as easy to deposit all such matter in the stove, where it is immediately consumed and finally disposed of, as in a disgusting garbage-box.

The Board of Health advises that hydrant-water be filtered before used for drinking or cooking purposes. Cistern-water is liable to become contaminated, but can be purified by sinking in the cistern, immediately behind the faucet, a bag of charcoal. One ounce of permanganate of potash, dissolved in a gallon of water and added to the contents of cisterns, will produce an excellent result.

We can speak from our own experience of the ease and cleanliness with which kitchen refuse can be disposed of in the range or cook-stove fire.

CUTTLE-FISH BONE.

As every one knows, no canary-bird cage is complete without a piece of cuttle-fish bone for Dick or Pete to sharpen or cleanse his bill on. The cuttle-bone contains a large amount of flinty matter. Your canary probably takes a good deal of sand with his food to aid him in the process of digestion. The cuttle-bone which is merely the internal shell of the animal, comes from a species of the same family as the famous devil-fish, which is credited with doing more damage than it ever could accomplish. The bone is found in the back of the fish, which is a much smaller variety than its illustrious brother. A dealer in Cedar-street has the finest specimen in the United States; better than the one in the Smithsonian Institution. This specimen is about as large as a flounder. The bone would measure 4½ by 8 inches, but this is a very unusual size, and such a bone rarely, if ever, comes into the New York market.

The uses of cuttle-bone are limited, and the majority are consumed by canaries. It is also used by jewellers as mould for casting gold and for polishing metals; some goes

Scott's Midlothian Oat-Flour.—There is no preparation which can be assimilated with greater facility than such a flour as this. Those who suffer from indigestion might substitute for their ordinary breakfast materials this flour, prepared according to the recipe given by Messrs. Scott and printed on the tins.—Ed. Health.—[Advt.]

into face-powders. In old days it was used in medicine, but it really has no medicinal value. *Os sepia*, the name it is known by in the trade, is found all along the coast of France and Italy. From February until September is the season for catching the cuttle-fish, which is really a cousin of the snail and oyster, and is thus a pure "shell-fish" or mollusc. The greater part of the bone which comes to our market is found on the Mediterranean coast.

Fortunately for the canary, the cuttle-fish has numerous enemies, which devour the fish and leave the bone. The bone or shell floats on the water and is washed on to the beach; the sun, waves, and sand act as a natural cleanser, and remove all the animal matter. A large number of the fish are taken alive, principally for the sepia, a black gland which the fish carries near its stomach. It ejects the inky fluid, and thus darkens the sea around it whenever pursued by man or its finny enemies. In a good-sized specimen this gland in its natural state is nearly as large as an orange, but when dried and in its marketable form it is about the size of a cherry. It is the most beautiful and perfect black known.

Marseilles is the principal market for cuttle-bone. It is brought there by the fishermen, who sell it by the 1,000 pieces to the dealers, who assort and pack it in ordinary lemon-boxes. Four of these boxes are put together, covered with canvas, and called a "strap." In 1883, 1,621 straps were imported into the United States, weighing 160,760 lb. The yield of 1884 was a failure, for reasons that the reporter was unable to discover. The importation of that year was 1,186 straps, or 115,267 lb. A prominent importer remarked that the consumption was increasing, as some enterprising dealers in bird-seed conceived the idea of putting up mixed bird-seed in neat paper boxes, with a piece of cuttle-bone in every package. It is probable that the wives of some of our leading protectionists prevailed on their husbands to have the greatest luxury of canary-bird economy brought into the United States free of duty.

Absinthe.—The advocates of the Permissive Bill will hear with satisfaction that General de Courcy has just prohibited the importation of absinthe into Tonkin. Though the French troops are remarkably sober as compared with the armies of the more Northern races, there can be no doubt that absinthe has wrought much mischief in France, and still more in the French colonies. The spirit in itself is not perhaps as injurious as its enemies would lead us to believe. It is a fashion to decry absinthe; yet the nations where absinthe is the customary daily beverage are far more sober than those countries where this particular drink is unknown. The fact is that absinthe is far more insinuating; it is more easy to contract the habit of drinking absinthe. Many persons who could easily resist the allurements of ordinary spirits, yield to the more subtle temptation of absinthe. Then it is refreshing, and stimulates the appetite; qualities highly appreciated in hot climates. Further, it is a social institution. The "hour of the absinthe" is the moment *par excellence* of relaxation; the time for the friendliest, the most confidential conversations. To extirpate from the daily life of the soldier this one happy hour proves that General de Courcy is a remarkably bold and rigorous commander. Perhaps if he would display equal severity in enforcing personal cleanliness among the troops under his command, the result would be even more advantageous. To maintain the health of the French army, general sanitary measures, good drainage, good ventilation, good baths, are more urgently needed than a temperance crusade against some one particular form of stimulant.

Public Health

"Health is the first Wealth."—*Emerson.*

OUR AMBULANCE LECTURES:

What to do in Emergencies and Accidents before the Doctor comes.

By Various Writers.

XXII.—CAUSES AND TREATMENT OF DISLOCATIONS.

By James Whitson, M.D.

(Assistant-Surgeon, Glasgow Royal Infirmary.)

We have now to consider a class of injuries not unfrequently associated with, though differing essentially in their main features from, those we have just been considering. Our readers will recollect that fractures are met with principally in the long bones, all parts of the shaft being liable to breakage. But a *dislocation*, in the surgical acceptation of the term, can only take place at the junctions between the ends of the bones, or—as these parts are technically termed—the "joints."

In order to discuss the subject satisfactorily, we will divide its consideration into four heads. These are as follows:—

I.—The definition of a dislocation, with a short account of the forces which lead to its causation.

II.—The signs of a dislocation.

III.—A few of the points which distinguish fractures from dislocations.

IV.—The treatment adopted by surgeons in the reduction of dislocations.

1. *The definition of a dislocation, with a short account of the forces which lead to its causation:*—

A dislocation may be defined as the displacement of one or other of the bony structures of a joint, and is usually produced in one of two great ways—external violence or muscular action.

External violence may act directly upon a joint by forcing the moving surfaces apart, as when the foot is displaced by a twist of the ankle or the thumb driven backwards by a blow. More commonly, however, the force which leads to the mishap is applied at a distance from the seat of injury, and the end of the bone is thrust out of its socket by the lever-like movement communicated to the shaft. We see this exemplified when the head of the humerus, or upper arm-bone, is driven from its natural resting-place by a fall on the hand, or the head of the thigh-bone, wrenched out of the socket at the hip by some untoward movement.

Muscular action sometimes gives rise to dislocation, and we occasionally find that the lower jaw is dislocated by opening the mouth too widely. Instances are also on record where violent muscular effort has given rise to a luxation of the shoulder-joint.

2. *The Signs of Dislocation.*—The first and most obvious sign following a displacement of joint surfaces is pain. As in fractures, so in dislocations, it is an almost constant symptom, and is rarely absent. The second sign is one

The Permanent Exhibition, Registry, and Agency of Approved Architectural Appliances and Inventions.—Examples on view of perfect Sanitation, Ventilation of Drainage, Disconnection of House-drains from Sewer, Spray, and other Baths, Stoves, Wall-hangings and Decorations, Tile-work, Locks, Furniture, and various descriptions of House-fittings. Admission Free.—Stephen S. Phillips, Manager, 10, Baker-street, Portman-square, London, W. —[Advt.]

which is also common to fractures, and consists of an inability to use the affected limb. If, for example, an arm be dislocated, it hangs helplessly by the side, and the individual is generally found in the position of supporting the injured limb by means of his other hand. The third sign is a change in the outline of the parts around the joint, and an alteration in the relation of certain osseous prominences. The head of the bone is felt to be out of its socket, and, at the same time, the socket in which it ought to repose is found to be empty. The fourth is an alteration in the length of the limb, and a change in the direction of its axis.

3. *Some of the Points which Distinguish Dislocations from Fractures.*—A dislocated part is fixed and immovable, whereas in fracture there is a preternatural degree of mobility. In a fracture the fragments are, as a rule, easily replaced by extending the limb, but when the extension is removed the broken ends generally show a tendency to assume their old position. A dislocated part on the other hand is only reduced after some little difficulty, but when we succeed in replacing the head of the bone it usually remains there.

In fractures we seldom or never see lengthening of the affected limb; and if there is any change apparent it is one of shortening. This feature is well exemplified in a fracture of the thigh occurring about the middle third of the bone, where, owing to the strong muscular contraction which ensues, the fragments over-ride each other, and there may be as much as two inches of shortening. Along with the shortening there is almost invariably an eversion

Attempt to reduce a dislocation at the shoulder.

of the foot. In a dislocation of the hip, if the head of the bone is carried upwards or backwards, we have shortening, but if downwards we have lengthening of the limb. An inversion of the foot and knee frequently accompanies displacement of the head of the femur, and is a point to be noted when the case first comes under observation as one contributing towards the diagnosis of the injury.

The Treatment of Dislocations. — The treatment of dislocations may be summed up in a very few words. We require (1) to make certain—or form a diagnosis, as it is termed surgically—in regard to the particular kind of displacement with which we have to deal, and (2), having satisfied ourselves on this point, we must take the necessary steps for restoring the head of the bone to its normal situation. A dislocation should be reduced as soon after its occurrence as possible, as, when delay takes place in the adoption of remedial measures, we find that complications not infrequently ensue. The great obstacle with which we have to contend in the disposal of the class of injuries now under consideration is muscular contraction, but this difficulty can fortunately, in professional hands, be overcome by the administration of chloroform. If it should happen that we are compelled to operate without the aid of anæsthetics, it is often no easy matter to accomplish our object, the amount of muscular resistance which is offered being so great as almost to defy our best efforts. Under any circumstances the reduction of a dislocation is attended with some little trouble, and should not, unless in very extreme cases, be attempted by ambulance pupils without the approval of a medical man. This injunction is all the more binding because, in the majority of instances, a tractive force of greater or lesser degree requires to be brought into play before we can succeed in replacing the head of the bone. With dislocations of the shoulder-joint, for example, the heel is commonly inserted into the arm-pit, and extension practised by pulling on the hand of the patient until the head of the humerus slips into its socket.

In the case of a dislocation of the hip, the old method consisted in bringing into play a good deal of mechanical force by means of strong pulleys, the particular *modus operandi* being determined by the direction which we wish to impart to the head of the thigh in returning it to the socket. With these facts before us, it must be evident that if either of the lines of treatment which have just been described should be pursued by persons with little or no anatomical knowledge to guide them, a fracture of the neck of the bone might soon be superadded—a serious complication for even an experienced surgeon to cope with. Errors in diagnosis have also led to the confounding of a fracture with a dislocation, and it is not difficult to see that under a mistaken idea of this kind a violent manipulation of the parts is certain to give rise to more or less laceration of the surrounding structures. Indeed, instances are not wanting where even large blood-vessels have been injured by rough and unskilled handling.

The figure shows a method of self-reduction of a dislocation of the head of the humerus, or upper arm-bone, into the arm-pit. The sufferer grasps a lower rail of the gate, and, in the absence of all other aid, attempts (by causing the top rail to press on the head of the bone) to force the bone into its natural socket in the shoulder-blade.

Buchan's Patent Prize Medal I.C. Exhaust Ventilators. The best in the market. Illustrated Price Lists free from W. P. Buchan, S.E., 21, Renfrew-street, Glasgow.—[Advt.]

A Field Hospital Tent.—The Empress of Germany has offered a prize of £100 for the best design of a field hospital-tent, and with this encouragement we may hope for some useful improvement in what is, after all, one of the most necessary accessories of warfare. It has long been a question not yet finally agreed upon by experts in such matters whether the rectangular or the circular shape is the more advantageous. We in England have long since decided in favour of the former, and have at the Hampstead Infirmary and at Greenwich adopted the new shape. The principal ground for the preference is the extra facilities for ventilation, and it does seem obvious that a corridor is easier to ventilate than a circular room. However, several meditative Indian army surgeons and others on the Continent who have been through campaigns, pronounce for the circular form, alleging that in a hurry, with a limited number of nurses and attendants, it is more convenient in many respects, and they also advance the argument that patients can face each other and be more cheerful in their pain, encouraged and sympathised with by their fellow-sufferers opposite. The competition organised by the German Empress should finally decide the controversial question, if indeed, some inventor should not discover a system, neither rectangular nor circular, which possesses advantages above both.

Jottings from the Journals.

"Th' ingredients of health and long life are
Great temperance, open air,
Easy labour, little care."—*Sir Phillip Sydney.*

Accidentally Drowned.—The drowning season is again in full swing, and the newspaper-heading "Bathing Fatalities" threatens to remain standing for some weeks to come. A cursory analysis of the ten or fifteen cases already reported shows that, though a few of the victims were unable to swim, and unquestionably died from drowning, or, as Johnson quaintly puts it, "suffocation by water," yet a larger proportion were expert swimmers, for whose sudden loss of buoyancy and fatal submersion the popularly-accepted theory of cramp is an unsatisfactory and inadequate explanation. Of this class of accidents, one case, that of a man who was drowned in the Thames on Sunday, may be quoted as typical of all. The deceased, accompanied by a friend, had swum across the stream, when the latter heard a cry, and, looking up, saw his companion throw up his arms and disappear. At the inquest it was suggested that the deceased had been seized with cramp, and the jury returned the verdict usual in such cases, a verdict which, in so far as it implies that asphyxia is the sole or even ultimate cause of death, is probably incorrect in a large number of cases. Cramp, though an exceedingly painful affection, and one to which bathers are especially liable, is quite insufficient to account for the abandonment of effort and sudden disappearance of a healthy swimmer; the very tyro in the art knows from experience, however little, that there is but a trifling difference between the specific gravity of his body and that of the fluid supporting it, and that if all his limbs be paralysed with cramp, the slightest movement is enough, even in fresh water, to keep his mouth and nose above the surface. It is true that the swimmer is tempted to over-confidence in his staying-power, and that the unaccustomed eye is apt to underestimate distance over water, so that when the self-allotted task is but half finished, its accomplishment often seems almost hopeless. But danger makes life seem dearer; comparative rest may be easily obtained by floating; and the delivery and sequence of the strokes, however feeble, is so mechanical that it would be hardly less suicidal for a disheartened or frightened swimmer to throw up his arms and voluntarily consign himself to death, than for a tired traveller to precipitate himself from the height which showed him that his destination was a few miles further off than he anticipated. It is not improbable that failure of the heart is, in many cases at least, the primary cause of death. A plunge into cold water is sufficient to throw a weak heart into a dangerous state of tension, which is further increased by swimming—an exercise perhaps the most violent in which it is possible to indulge. It is a remarkable fact that few, if any, of the subjects of so-called "cramp"—not, be it understood, the ordinary bather's cramp, but the mysterious seizure which impels its victim to throw up his arms and sink with a single cry—are ever recovered alive, and it is not an unreasonable inference that in many cases death occurs independently of, perhaps previously to, submersion. A necropsy or two might throw some light on the matter; but, in the meantime, it is desirable that the excellent bathing-rules of the Royal Humane Society be taught in every school, as a preliminary to instruction in swimming, and that medical men should impress upon all subjects of cardiac weakness the risks of prolonged immersion and exercise in chilly water.—*British Medical Journal.*

The Provisioning of Ocean Steamers.—Few persons are aware of the extensive nature of the victualling on board the great ocean steamers. Each vessel is provisioned as follows for the passengers and crew:—3,500 lb. of butter; 3,000 hams; 1,600 lb. of biscuits, exclusive of those supplied for the crew; 8,000 lb. of grapes, almonds, figs, and other dessert fruits; 1,500 lb. of jams and jellies; tinned meats, 6,000 lb.; dried beans, 3,000 lb.; rice, 3,000 lb.; onions, 5,000 lb.; potatoes, 40 tons; flour, 300 barrels; and eggs, 1,200 dozen. Fresh vegetables, dead meat, and live bullocks, sheep, pigs, geese, turkeys, ducks, fowls, fish, and casual game are generally supplied at each port, so that it is difficult to estimate them. Probably two dozen bullocks and 60 sheep would be a fair average for the whole voyage, and the rest may be inferred in proportion. During the summer months, when travelling is heavy, 25 fowls are often used in soup for a single dinner.—*Times.*

◆ ◆ ◆

A New Use for Toads.—The latest and most ingenious way of getting rid of roaches and water-bugs we have heard of is related of a citizen of Schenectady whose kitchen was infested with them. A servant, hearing that toads were an antidote, caught three ordinary hop-toads, and put them in the kitchen. Not a roach or water-bug, it is stated, can now be found in the house. The toads have become domesticated, never wander about the house, and are so cleanly and inoffensive that there is no objection to their presence. Another use for toads is to employ them for insect destroyers in the garden. They are determined enemies of all kinds of snails and slugs, which it is well known can in a single night destroy a vast quantity of lettuce, carrots, asparagus, &c. Toads are also kept in vineyards, where they devour during the night millions of insects that escape the pursuit of nocturnal birds, and might commit incalculable havoc on the buds and young shoots of the vine. In Paris toads are an article of merchandise. They are kept in tubs, and sold at the rate of two francs a dozen.—*Scientific American.*

◆ ◆ ◆

Salt as a Destroyer of the Teeth.—At a recent meeting of the New York Odontological Society, Dr. E. Parmly Brown said:—I will venture the assertion that the excessive use of common salt is one of the main factors in the destruction of human teeth to-day. I am now engaged in collecting some statistics on this point, from which I hope in time to demonstrate, what seems to me to be the fact, that common salt excessively used is a great solvent of the human teeth. If it will injure the human teeth through the chemistry of our systems in some way or other that I will not try to explain to-night, why might it not also have the effect of preventing a good development of the teeth when taken into the system in excess? I have lately procured some statistics from the Sandwich Islands, from a gentleman who has been there, covering a period of over forty years, that are very suggestive and interesting. Within that period the teeth of the Sandwich Islanders have decayed rapidly, and since they have begun to decay it has been noticed that the natives are in the habit of biting off great chunks of salt and eating it with their food. According to all accounts, the teeth of the Sandwich Islanders were formerly the most free from decay of any people on the face of the earth, if I remember rightly. You will find that people who eat a great deal of salt and a great deal of sugar are often entirely toothless. I know several instances of candy storekeepers where three generations are entirely toothless. People who eat an excessive amount of salt are tempted to eat large quantities of candy, pickles, and vinegar. There seems to be a craving for those substances after the excessive use of salt.—*Medical Journal.*

Our Bookshelf

"Reading maketh a full man."—*Bacon.*

A BOOK ON DRUGS AND THEIR USES.

Materia Medica and Therapeutics; an Introduction to the Rational Treatment of Disease. By J. Mitchell Bruce, M.A., M.D., &c. (London: Cassell & Co, Limited.)

Dr. Bruce has, we think, done well in giving the subtitle—"Introduction to the Rational Treatment of Disease"—to his volume. This title at once fixes, in a highly important fashion, the difference between true, rational, and scientific medicine, and the quack empiricism which is so widely rampant in our day and generation. "Rational" medicine is founded upon an understanding, firstly, of the structure and physiology, or working, of the body and its parts; secondly, upon the knowledge of *pathology*, or the nature of those processes which constitute "disease;" and thirdly, upon the appreciation of the actions of drugs upon the body in its healthy and in its diseased condition as well.

If we contrast, for a moment, the differences which exist between that rule-of-thumb means of attacking disease which is known as "Empiricism," and the rational treatment of ailments and maladies, we may readily ascertain how wide a gulf separates the two systems. Thus, knowing nothing of the nature of a disease, the quack or empiric selects a remedy at haphazard, and simply hopes and trusts in its favourable effects on the malady. He has no compass to guide him in his journeyings through the mazes and labyrinths of disease. The human body is, to him, a subject for experimentation. If the result turns out well and good, so much the better for the patient; if the reverse, so much the worse for patient and doctor alike. When science steps in, the way is cleared, on the contrary, for exact results. The properties of drugs are known and tested. There is a measure of certainty at hand to begin with, in what is known regarding the action of the medicine in question. The diseased condition being appreciated, in the first instance, that drug is selected which is known to possess effects counteractive to the abnormal processes going on in the body. Furthermore, combinations of drugs may be used in a manner to which empiric practice is a stranger; while, added to these facts, the knowledge of the doses, of the suitable times for giving the drug, and of the proper methods of administration—by mouth or by skin, for example—constitute factors of supreme importance in the scientific use of medicines for the cure of the ailments to which flesh is heir.

In the widest sense of the term, *materia medica* is that branch of science which deals with the application of drugs and other substances to the cure of disease. Nor does it include mere medicinal substances alone, such as the druggist's shop contains. On the contrary, it takes account in its therapeutical (or "disease healing") phase of any and every means which can be enlisted in the doctor's fight against illness and the grim terror beyond. Foods, for example, become part and parcel of the "materia medica," in this sense. Electricity, as a curative agent, is included in the list of subjects with which therapeutics deal; and water, as a curative means, and the whole subject of "Baths," falls under the treatment of this branch of inquiry. In the fullest sense, the subject treated by Dr. Bruce in the manual before us, may be said to link together all departments of the science of medicine; and it is satisfactory to be able to record that the view given of this wide field by the author is both trustworthy and complete in the highest degree.

In some respects the volume of Dr. Bruce presents novelties in the way of arrangement. Thus we are pleased to note that, in addition to the usual "introduction," dealing chiefly with the art of prescribing, and containing many useful hints to the student, supplementary to the exact description of the drugs used in medicine, their doses, uses, and incompatibles likewise, the author devotes the third section of his work to the treatment of the action of drugs. It is this latter part of the work which is not only valuable and necessary to the student, but highly instructive to the general reader as well. Here we find Dr. Bruce selecting the various regions and systems of the body, detailing the remedies used in their varied affections, and specifying the particular and special actions each remedy or drug possesses upon the organs in the diseases of which it is employed. Such a study—which in itself forms the end and application of medical science—needs no remark by way of enforcing its high importance.

In illustration of this section of the work, no better example may be found than that which deals with the digestive system and with that class of medicines to which the general names of "purgatives" or "aperients" are commonly given. In the popular estimation all substances which possess the power of causing action of the bowels are classed as "purgatives." Aloes, rhubarb, scammany, jalap, castor oil, salts—to name only a few of the more common and best-known drugs of this kind—are classified popularly as laxative medicines. Yet the differences between the action of these drugs is really immense. Certain of them affect one part of the intestine alone. Thus, aloes is known to act chiefly upon the large intestine, and upon that portion of the bowel known as the "colon;" while colocynth possesses a wider and different action on the intestine; "salts," again, differing from both purgatives. Or, to select another instance, the remedies which are believed to act upon the liver constitute a well-known class of substances. Colocynth, mercury, podophyllin, dandelion—to mention only a few substances—are all employed indiscriminately in rule-of-thumb practice to put the liver in working order when its functions appear to have been in abeyance; yet the judicious employment of these substances is a matter involving considerable scientific knowledge, and an acquaintance with the specific effects each drug possesses upon, not only the liver as a whole, but upon its constituent parts also.

In the course of a careful study of this excellent manual, we have been struck by the immense amount of recent information which its pages contain. The student or reader who purchases this manual may feel assured that its contents will place him abreast of the latest discoveries in "materia medica," while, it need not be added, the medical practitioner himself will by no means scorn the details concerning new remedies which are abundantly scattered through Dr. Bruce's pages.

Thus, looking at random through the book, we may select the remarks on fuchsine or magenta dye, which, we are informed, has been used in some cases of "Bright's Disease" by way, it is believed, of reducing the amount of

Sanitary Inspections.—Fee for Survey and Report, in London 2 Guineas. Estimate given and Improvement Works carried out when required.—The Sanitary Engineering Co., 115, Victoria-street, Westminster, S.W.—[Advt.]

Scott's Midlothian Oat-Flour.—Messrs. A. & R. Scott, of Kingston, Glasgow, and Finsbury-square, London, have prepared a singularly pure and nutritious "Oat-flour," which bids fair to take high rank among the food products which are specially adapted for infants and invalids, and for the use of dyspeptics in particular, whose digestion is weak, and whose stomachs refuse to assimilate foods of ordinary kind.—Ed. Health.—[Advt.]

albumen. "Resorcin," an antiseptic derived from carbolic acid, has been used in fevers for reducing the temperature and pulse for a time. The virtues of the *Cascara Sagrada*, as a tonic and stomachic, are duly noted. In each case the author has taken great care to make clear to the reader all the necessary points involved in the use of a drug. We have been especially struck with the fulness of the practical advice given in most cases under the foregoing head, and, as an instance of the completeness of the manual in this respect, we may instance the exact and clear treatment of the subject of *nitrite of amyl*.

Here an ethereal liquid of yellowish colour is used for the relief of certain distressing affections of the heart. A few drops are kept ready for use in a glass capsule. This is broken into cotton wool and inhaled, when the vapour passes into the blood through the lungs. Immediately the heart is stimulated in its work, "with but little, if any, increase in its force," while the vessels of the skin are dilated, the blood-pressure falls, and the left ventricle of the heart, which threatened to cease its work, is instantly relieved. It is not too much to say that the use of nitrate of amyl in this instance has saved many a life from being terminated by paralysis of the heart's action. Hence the value of a work which, like the present, details fully and forcibly the mode of operation of this and other valuable remedies. It may be mentioned, as a fact likely to possess a curious interest for the lay reader, that *nitro-glycerine*, the substance which, when mixed with "infusorial earth," constitutes dynamite, and which in itself is highly explosive, has been used for the same purpose as nitrite of amyl.

We conclude, as we began, by warmly commending this work to the notice of all interested in drugs and their action. To the student of medicine, Dr. Bruce's work must prove a boon; while to the general reader it will form a handy work of reference such as no library can afford to be without.

SHORT NOTICES.

Impediments of Speech: Their Cause and Cure, by the Rev J. E. Foster, M.A. (Simpkin & Marshall), is a well-written, compact pamphlet upon disorders of articulation and their treatment. It is free from all tendency—so commonly seen in works of this class—to praise a particular and secret system of treatment. The author has evidently given to the subject careful study, and we recommend his book heartily to stammerers, and to all who may be in any way affected with voice or speech troubles. *London, Old and New: A Sanitary Contrast* (National Health Society, London), is a pamphlet by Mr. Ernest Hart, and contains the substance of his address to the Birmingham and Midland Association of Medical Officers of Health. Mr. Hart shows clearly enough the great gains which the present age possesses over preceding epochs in the way of health. Dr. Wynter Blyth's *Sanitary Chronicles of the Parish of St. Marylebone, London*, are so well known as models of exact and careful systematising of health records that it need only be said of the present (July) number that the work he supervises equals in importance and extent the labours of previous years. Any one who takes the trouble to peruse the list of inspections of insanitary houses made in the parish will realise to the full the good which careful sanitary supervision is capable of effecting in a district.

Among Messrs. Cassell's serials the *Family Physician* and *Book of Health* continue to form interesting reprints. Their *Household Guide* also continues its wide treatment of domestic subjects.

Sanitary Appliances, Etc.

BRAND'S PEPTONES, OR PRE-DIGESTED FOODS.

The rapid advance of modern physiological chemistry has, amongst its other results, made us more intimately acquainted with the term "Peptone" as a necessary product of the digestion of foods, and a pre-requirement for healthy nutrition. A demand for such "Peptones," or "Pre-digested Foods," has thus been created, and Messrs. Brand & Co., as purveyors of specialities for invalids, are now prepared to meet this demand. At the outset, and for the sake of the general reader, we may briefly explain what these "Peptones" are. The term "Peptone" was used by Lehmann thirty years ago, and applied to the modification which the nitrogenous (or albuminous) portion of foods—fibrine, albumen, casein, &c.,—sustained by the action of the digestive secretion of the stomach. More recently they have been defined as soluble and insoluble albumens, converted into soluble and diffusible substances by the digestive ferments, and eminently fitted for absorption and nourishment through their easy passage into the blood. No one better understood the shortcomings of beef-extract as an article of nutrition than Liebig himself who invented it. In the *Lancet* (Nov. 11, 1865), referring to his Extractum Carnis, he says, "were it possible to furnish the market at a reasonable price with a preparation of meat containing in itself the albuminous, together with the extractive, principles, such a preparation would have to be preferred to the Extractum Carnis, for it would contain the nutrient principles of meat." And, subsequently, speaking of his own preparation, Liebig also said, "I have already stated that in preparing the extract of meat albuminous principles remain in the residue. They are lots to nutrition, and this is certainly a great disadvantage."

The force of these remarks is better appreciated if we remember that the albumen or white of egg and the albumen of meat will coagulate (or clot) at a much lower temperature. Thus, boiling water (212 deg. F.), and, consequently, most boiled broths and soups contain but little albumen, and, as nutrients, are therefore manifestly inadequate. Beef-tea itself is a solution of the soluble saline and extractive matters of beef. Liebig's extract, already referred to, is but an evaporated beef-tea containing the saline matters and extractives more or less altered by the peculiarities of the process of condensation. It in no sense represents the meat which has yielded it, since it has lost the essential albuminous part of the meat. Such extracts, however, possess a value as stimulants, tonics, and appetisers, for debilitated stomachs, &c.

Now, with reference to foods, the problem which modern physiologists have attempted to solve may be stated as follows:—"Can the general nutrition be maintained at a high or adequate standard, and the great loss of tissue in fevers or impaired digestion be prevented?" If the tissues require albuminoids in a healthy state, it is clear they must of necessity also demand such materials to a greater extent still in a diseased state. If the digestion is at fault and fails to supply such essential constituents of diet, or if from the nature of the disease solid foods of this type are out of the question, is it possible to peptonise or pre-digest such solids as albumen, fibrine, &c., and in this way to assist assimilation in such enfeebled conditions of body? The answer to this problem is practically illustrated by the introduction of "peptones" or "pre-digested" foods for invalids. By innumerable experiments, physiologists have established the value of "peptonised" foods, and not only man, but lower animal life has been sustained and nourished by "peptones" alone, such as "peptonised" milk, meat, &c. These "peptones" are very soluble; they retain a certain measure of viscosity or jellying property, but the greater portion of this gelatinous character is removed, and such peptone solutions can be greatly concentrated in consequence. In the case of fibrine "peptone" ("meat peptones"), the special meaty flavour of roast meat is produced, accompanied by a slightly bitter taste. They may be eaten spread upon bread and butter or biscuits, or dissolved in water as soup, or used to enrich teas, gravies, &c., while salt, pepper, or other condiments may be added according to taste, when desirable.

It is important to notice that in these "peptones" the relationship between the several proximate elements of the meats operated upon are not disturbed, and, with the exception of fat, these preparations may really be called soluble meats. Prof. Roberts has recorded ("Lumleian Lectures") that the use of peptonised aliment appeared to produce the most striking benefit in cases in which the stomach was intolerant of food, and immediately rejected every form of nutriment. Professor Gamgee (International Health Lectures, 1884) says respecting the "peptones," that, being diffusible, they pass

through the walls of lymphatic vessels and thus readily enter the blood, and, again, subsequently adds, "We may for long periods substitute 'peptones' for native proteids (*i.e.*, fibrine, &c.) in the diet of an animal without any perceptible difference in the nutritive condition of the creature." Such being the opinion of physiologists, Messrs. Brand & Co. have determined with the facilities at their disposal to add these prepared foods to their lists of dietetic preparations, and we have pleasure in testifying to the completeness with which the manufacture has been carried out by this well-known firm. "Peptonised" beef, mutton, veal, and chicken, have been prepared, and a careful examination of these products has demonstrated to us that the claims of the firm regarding the suitability of these foods for cases of extreme inanition where the stomach refuses all other foods, are well founded. For invalids suffering from chronic dyspepsia we believe the value of these foods will be found in their power of rendering the digestive surface tolerant in time of other and ordinary nutriment. We recommend invalids and others to give Messrs. Brand's latest products a careful trial wherever inability to take ordinary beef essences, &c., exists.

The "Peptonised Osseine" of Messrs. Brand, it may be added, consists of the nutritive part of meat-bone pre-digested; while their Ivory Jelly is a pure substance prepared from ivory dust. Their Malto-beef Lozenges form a successful attempt to combine the nutritive properties of malt with those of beef. For travellers the latter preparations are invaluable.

Our Letter : Box

"Conference [maketh] a ready man."—*Bacon.*

NOTICES TO CORRESPONDENTS.

All Communications for the Editorial Department (including specimens of Sanitary Appliances, &c.), to be addressed to "The Editor of Health," 74-76, *Great Queen-street, London, W.C. Those intended for the Publishing Office to be sent to* "The Publisher," *at the same address.*

Contributors are requested to send stamps for the return of the MSS. *in event of non-acceptance. Every care will be taken to ensure the safety of* MSS., *but the* Editor *and* Publishers *cannot hold themselves responsible for accidental loss.*

LETTERS TO THE EDITOR.

VENTILATING HATS.

Sir,—I quite agree with your correspondent "Aliquis" on the importance and proper method of ventilating hats, and I explained the matter somewhat fully in my article on "Healthy Dress" in the *Queen* for the 8th inst. I am, however, strongly opposed to leather or oilskin linings, and propose that some absorbent material, such as flannel or felt, should be used. The difficulty in these matters is to convince those who supply clothes of the importance of health-considerations, but I am pleased to say that several firms of hatters appear to be paying special attention to the important point of ventilating our headgear.—I am, Sir, yours truly,

Ada S. Ballin.

QUERIES AND ANSWERS.

[Queries sent on post-cards are not attended to.]

[We find it necessary to repeat the statement, frequently made in these pages, that, under no circumstances, can a reply be given in these columns in the same week as that in which a query is received. All despatch is used in replying to our correspondents, but our publishing arrangements do not admit of answers being given earlier than the succeeding week. The Editor cannot undertake to reply to correspondents *by letter*, except in special cases, the determination of which is subject to Editorial selection.]

[Owing to pressure on our space, several replies have been left over until next week.]

GENERAL.

A. Cattell.—At factories where beer is bottled, the empties are cleaned by means of a revolving brush, which is pushed in through the mouth of the bottle, turned around once or twice, and then withdrawn. The labels are acted upon by merely soaking in water and then scraping with knives. If the bottles are contaminated with grease, alkalies are used to cleanse them, and sometimes acids are used, but we believe, as a general thing, that nothing but water is employed.

A. F. G.—To make sherbet powders, take eight ounces carbonate of soda, six ounces tartaric acid, two pounds loaf sugar (finely powdered), three drachms essence of lemon. Let the powders be very dry. Mix them intimately, and keep them for use in a wide-mouthed bottle, closely corked. Put two good-sized teaspoonfuls into a tumbler, pour in half a pint of cold water, stir briskly, and drink off.

Razors.—Razor-paste is made as follows:—Mix fine emery intimately with fat and wax until the proper consistency is obtained in the paste, and then rub it well into the leather strop. Prepare the emery by pounding thoroughly in a mortar the coarse kind, throwing it into a large jug of water, and stirring well. Immediately the large particles have sunk, pour off into a shallow plate or basin, and let the water evaporate. Another receipt is, levigated oxide of tin, prepared putty powder, one ounce; powdered oxalic acid, quarter ounce; powdered gum, twenty grains; make into a stiff paste with water, and evenly and thinly spread it over the strop. With very little friction this paste gives a fine edge to the razor, and its efficiency is still further increased by moistening it.

C. G. P.—1. See Health Nos. 98 and 99. 2. No.

Alex. Fair.—A technical term meaning loss of sensation or feeling.

C. Porter.—There was a Commission appointed we believe. We have not seen its report.

Katie.—Contains lead, and is therefore dangerous to use.

A. X., Lesbia, Trottoir, G. P., Tom Lane, and A Beginner.—Declined with thanks.

Albus.—There is no one substance, which, in itself, will effect all you require.

Charles L.—1. You mean sulphide of calcium. 2. Bright's Disease. 3. Albumen.

Gertrude W.—"Presbyopia" is long sight, and "myopia" short sight. "Hypermetropia" is a form of long sight in which the eye is too short from before backwards, or the lenses are so changed that the focussing power of the eye is deficient. "Astiginatism" is due to excessive curvature of the eye in one direction.

Toledo.—See paragraph on "Colour Blindness" in Health No. 123.

J. Franklin.—An evaporating lotion is made by adding four grains sal ammoniac to an ounce of soft water, with half a drachm of spirits of wine.

SANITARY.

J. B. L.—The trap is condemned by all authorities. If your plumber insists that it is a suitable trap, we can only recommend you to dismiss him as an ignorant man, and trust your repairs to a more competent hand.

Falkirk.—There is such a closet made, but you should purchase one of later type, and have nothing to do with "pans" in any shape.

J. Colley.—See Health numbers 100 and 104 for references.

Inexperienced.—Plenty of fresh air; flushing the drains; purity of water above all else; removal of waste matters; and strict cleanliness, together with attention to personal health in all its details. There is no panacea, save cleanliness.

Tebay.—The statement is utterly erroneous. No experiment of the kind described could possibly have been carried out under the conditions named. Either there exists extreme ignorance on the part of those who made the statement, or a wilful intent to deceive.

E. Probyn.—No such pipe—presuming from your description that it is a ventilating pipe—should connect below in the way you describe. If it does so, it is certain to prove a means of introducing sewer-gas, instead of sweeping it out.

K. K.—1. About 5 per cent. 2. Statistics to hand. Many thanks.

MEDICAL.

J. Thomson.—The symptoms you name point to brain-disease in the patient. The previous history supports the belief. These are always anxious cases, and you must obtain at once the opinion of a specialist in nervous diseases. We can send you address of such on receipt of stamped addressed envelope.

A Gall.—1. Bournemouth is likely to suit you best. The east coast would be too bracing for you. 2. You mean Davos Platz. See articles on "Foreign Health-Resorts" in last year's Health.

J. A. X.—Your remarks upon the case named were perfectly just and correct. Constipation is, in many cases, simply due to personal neglect of the body's natural demands. Irregularity of habits is produced, and the irregularity grows to become a disease. See remarks on this topic in the chapter on "Personal Health" in Dr. Wilson's "Manual of Health Science." (Longmans & Co.)

Olfactory.—Try the effect of taking a teaspoonful of Fellow's

Syrup of the Hypophosphites thrice daily, an hour before your meals, in a wineglass of water. Your symptoms probably indicate want of tone. If your holiday time is near, go to an east-coast resort or to a bracing inland place. Strathpeffer or Crieff in Scotland (or Pitlochry) are within reasonable distance of your present abode.

ALIEN.—Look to the child's diet. It is more than probable the symptoms are the result of teething. Hot baths and strict attention to the state of the bowels are the main points in the treatment.

THOMAS G.—Avoid vegetables for a time, and take a little of Wilkinson's Dandelion wine twice daily as a liver-tonic. Rest after meals is essential in your case. Avoid fatty foods.

B. L. L.—For acute heat of skin arising from sunburn, you may try a lotion of bicarbonate of soda (one or two drachms to the pint of water), or zinc ointment may also be tried.

CYCLIST.—The latest application for excessive sweating of the feet is that of the German army surgeons, who recommend two parts of pure salicylic acid to be added to one hundred parts of mutton suet, and the ointment thus made to be applied to the feet. Of course, you will see that the feet are washed with tepid water and Iodoform Soap twice daily, and that your stockings are frequently changed.

JETTIE.—The firm is a quack one. Surely you could never believe that any respectable medical man would issue such a pamphlet and distribute it in the streets. The only safe rule is to avoid all physicians who advertise.

ELLEN R.—A proper truss should be used; but the form of truss must be adapted to the special features of the case, and this can only be determined safely by a surgeon.

DAVID GEORGE.—See advice to "Demos" in HEALTH No 121. You have no need to be alarmed, and your late experiences of quacks should serve as a grave warning to you for the future.

HARTLEY.—The symptoms you name merely indicate a slight temporary disturbance, which, under the influence of rest, will pass away. Take a wineglass of Mariani's Wine of Coca, as directed, twice daily.

J. ELDER.—Only a surgeon can possibly determine the chances of your complete restoration to activity through an operation on your limb. We advise you to choose a thoroughly competent authority, and to abide by his decision. We can send address of surgeons, if desired, on receipt of stamped addressed envelope.

ANNA SWAN.—All the questions you ask regarding "the treatment of fits" have been dealt with in "Our Ambulance Lectures," in recent numbers of HEALTH. See those numbers.

J. O. L.—There is no such firm named in the "Medical Directory." Can you supply exact references? If so, we can further verify this opinion for you.

JULIUS.—Pye Chavasse's books, published by Churchill, would suit you. The "Advice to a Wife" is the volume likely to suit your purpose best. "The Young Wife's Own Book," by Dr. Weatherley (Griffith & Farran, price 1s.), is also to be recommended.

G. A. L.—By "earth worms"—a silly and absurd name, because the worms are of an entirely different nature from earth worms—your physician meant the "round worms" of naturalists, which inhabit the digestive system, and which cause irritation both in children and in adults. The size of the worm is about that of an "earth worm;" hence, we suppose, the name. Dismiss from your mind all ideas that these worms are developed from earth having been eaten. Why did your doctor not explain all these details to you? Give your boy a powder, composed of two grains of santonin and five grains of compound scammony powder, at night; follow this in the morning with a dose of castor oil. Look to the child's food, and give him five drops of *Fer Bravais* twice daily, in water, after food, and send him for change of air.

T. FOOTE.—"Scabies," or "itch," is caused by the presence of a minute form of mite which infests the skin. The contagious nature of the disease depends, of course, on the conveyance of the parasite from infected to healthy subjects. The treatment is a warm bath to begin with, and a thorough inunction with sulphur ointment over the affected parts. Care is to be taken that the ointment is not rubbed off. The patient should rest in bed thereafter, and in the morning take a warm bath, and repeat the inunction at night. Two or three such applications will suffice. Destroy the clothes worn during the period of infection.

ELLEN R.—No wine or alcohol of any kind should be taken. If alcohol is indulged in at the period named, it often begets a craving for drink which is difficult or impossible to cure. Rest and attention to the ordinary health-rules are all that are required.

T. T. G.—Impossible of performance by any one save a medical man. Better to leave the ear alone than allow amateur experimentation upon it. Your safest course is to consult an aural surgeon.

FRANK REID.—See and follow advice to "Demos" in HEALTH No. 121.

G. I.—See advice given to "Frank Reid," above. The persons you name are quacks of the first water.

B. PHILPOT.—A disease of the nervous system. In the case named, the cure is hopeless. Rest, plain but nourishing food, and fresh air should be given to the patient. The medical opinions you have had should show you that all hope of cure is at an end.

ALEX. G.—Drink the Victoria Water, advertised in our pages, as a corrective to the acidity from which you suffer. Avoid fruits, pastry, salt meat, &c., and let your food be very simple. Take twenty drops Cascara Cordial (Parke, Davis, & Co.'s), once or twice daily in water an hour before meals, as a corrective to constipation. Until this latter condition is relieved, your health cannot be restored.

POINTSMAN.—Try the effect of rubbing in glycerine of borax to the scalp and washing the head with Hamamelis or Iodoform Soap and tepid water, twice weekly.

RUSS.—Quebascho Extract should be tried in your case. Add a tablespoonful to a large tumbler of hot water, and use (when it has cooled) as an application. The efficacy of this remedy is increased by your first cleansing the parts with plain warm water. Internally, give the patient a dessertspoonful of Scott's Cod-oil Emulsion with Hypophosphites, after meals, thrice daily.

W. A. H.—[If you took the trouble to read the "Notices to Correspondents," printed legibly at the head of these replies, you would have seen that all letters intended for reply here should be addressed to the "Editor," and not to the "Publisher."] Look to your teeth in the first place, and brush them night and morning with camphorated chalk. See also to your digestion; rest after your meals, and eat a charcoal biscuit after your food occasionally. Avoid suppers, and give up beer if you take alcohol in that form. The mouth may be washed out after food with tepid water, to which a few drops of Woolley's Phenate of Soda Solution have been added.

CLIFF.—What you name is of no moment, and if you are wise you will simply take no heed of the symptoms, which are quite usual in healthy persons. Any listlessness you feel is only due to your regarding them with fear. Try a cold sponge-bath each morning, and sleep on a hard mattress in a well-ventilated room. Avoid suppers and fluids late at night, and, above all, see that no constipation is present. Steer clear of quacks.

ALBEMARLE.—See advice to "Cliff" above; and in addition thereto, take a teaspoonful of Fellows' Syrup of the Hypophosphites in a wineglass of water thrice daily, an hour before your meals.

S. S. BORO'.—In such a case, and although there may be nothing seriously wrong with your eye, we advise you to consult a thoroughly competent oculist. The eye should never be tampered with. Take our advice. If needed we can send you address of a competent oculist on receipt of stamped addressed envelope.

W. T. BROWN.—1. No; such treatment will not injure the ear. It is the recognised means of treating affections of the "drum." 2. Depends on the exact state of the left "drum." Only an aurist after examination can give an opinion. 3. Do not allow soap or water to get into the ear. This is a frequent cause of deafness. Guard against colds in the head especially, and fortify your general health especially. These are hints you will find useful.

PROTEUS.—The occurrences you name are not too frequent for health. Attend to advice already indicated to you. Avoid constipation especially, which is a frequent cause of such symptoms.

SENEX.—Have you tried Carnrick's Peptonised Cod-Oil and Milk—a dessertspoonful after meals thrice daily, together with residence for a time at Bournemouth? If not, do so. Climatic treatment is of great importance in a case like yours—more so than local treatment—assuming, of course, that you have had your throat examined and have been assured the cough does not proceed from that source. The solution of nitrate of potash should be a "saturated" one. Your druggist will make this for you. Soak white blotting-paper or a thick pure paper of absorbent kind therein, and treat it otherwise as directed in the paragraph.

CAPILLUS.—1. Try Rowland's Macassar Oil (the pink variety). 2. You are quite mistaken about the "perceptible loss." You mistake the secretion entirely. Use cold sponging each morning; take plenty of open-air exercise; food to be light and nourishing; freedom from worry is a necessary part of your cure, and, in addition, take the Fellows' Syrup as ordered to "Albemarle" in the present number of HEALTH. Avoid constipation especially.

JOHN MILLER.—You are simply nervous and excited. Continue the cold sponging, and take your thoughts off your supposed maladies. Go away to the East Coast (Dunbar or North Berwick) for a seaside holiday, take open-air exercise in plenty, and give the Fellows' Syrup (after your meals), as ordered to "Albemarle"

in the present number of HEALTH a fair trial. You should avoid constipation especially by taking each morning, an hour before food, twenty drops Cascara Cordial (Parke, Davis, & Co.'s). When this has relieved your digestive symptoms, follow up the cure by eating stewed fruits, whole-meal bread; give up tea, and take Scott's Midlothian Oat Flour, or Grant's Scotch Oat Flour for breakfast and supper.

H. J. F.—Wash the hair twice weekly with tepid water and Hamamelis Soap. Thereafter rub in a little glycerine of borax to the roots, and use a soft brush only. Take internally, fifteen drops *Fer Bravais* in water after your food, thrice daily. Keep the hair short for a time.

MARY LEITH.—Try the effect of taking fifteen to twenty drops of Cascara Cordial (Parke, Davis, & Co.'s), in water, once daily, an hour before your food. Repeat this until your digestive symptoms are relieved. Let your food be very light for a time. Take little solid food, and subsist on strong soups made with Brand's or Mason's Beef Essences; eat stale bread; white (boiled) fish, and drink milk diluted with soda-water. Rest after your meals is absolutely necessary. Eat little and often, and never overload the stomach.

W. Y. LIPSCOMBE.—1. The Ambulance Baton can only be procured, we believe, in Glasgow. Address the surgeon whose name is mentioned in the ambulance article as the inventor, or apply to Messrs. Hillard, surgical instrument makers, Glasgow. An Esmarch tourniquet can be had from Messrs. Khrone & Sesemann, Duke-street, Manchester-square, London, W. 2. Can only be made by a chemist.

WILD OATS.—See and follow faithfully advice given to "Demos" in HEALTH No. 121. The tonic there named will do you great good. Continue the cold sponging and live carefully, avoiding excesses of all kinds.

G. P.—The tonic named has a special power in cases like yours. What do you mean by an operation? If you smoke much, or are otherwise in low health, no tonics will benefit you without the adoption of ordinary health measures. We advise you to take a holiday at a bracing sea-side place—east coast, if possible; Margate or Ramsgate would suit you. Sponge with cold water each morning, take moderate out-door exercise, and continue the tonic after your food, in teaspoonful doses taken in water. For constipation, which is a barrier to your recovery, take the Cascara Cordial as recommended to "John Miller" above, and see also directions there given as to food. You need not excite yourself in any way.

C. W. B.—Apply to Dr. G. H. Jones, 57, Great Russell-street, London, W.C., who will advise you fully regarding this matter, and whose pamphlet will be sent you on application.

ADONA.—Absolute rest and care in diet are the two great preventives. You must keep your mind perfectly easy in addition. Mental worry is often worse in such cases than physical or bodily disturbance. Rest is the sheet-anchor of all treatment.

M. A. HAZELL.—Substitute fifteen drops *Fer Bravais* thrice daily, in water, after your meals. If not cured thereby write again, and restate your case, as we do not preserve correspondents' letters.

E. H.—Certainly not: Do not waste your money on so-called "magnetic" appliances, which are usually gross frauds. The belt you have is a thoroughly trustworthy one, and generates a powerful current. You should attend to your digestion in the first place. Let your food be light; take Scott's Midlothian Oat Flour, or Grant's Scotch Oat Flour, in place of tea and coffee; give up alcohol, and take plenty of nourishing soups (Brand's, Mason's, or "Lion" Essence of Beef, &c., will suit admirably for soup-making), stale bread, white (boiled) fish, &c. Avoid cheese, pastry, and salt meats. After your meals, take thrice daily in a wineglass of water a teaspoonful of Fellows' Syrup of the Hypophosphites, and rest after your food. Take a cold sponge bath each morning.

EGERIA.—A quack firm. Have nothing to do with them. If we can advise you further, send full statement of your case to us.

BERTHA.—1. Cut the hair short for a time; wash it once a week with Hamamelis soap and tepid water. Thereafter rub in Rowlands' Macassar Oil each morning to the roots. 2. The preparations you name are not in our opinion at all useful. Drugs "warranted" to cure every disorder are not, on the face of things, reliable medicines. 3. Scott's Midlothian Oat Flour and Grant's Scotch Oat Flour are excellent preparations: nothing better can be tried. Warren's is also good.

F. H.—No one can control your "brain activity." You may be naturally nervous. Why not work less and try the effect of a holiday? If this does not suffice, tire yourself out by active exercise during the day, and you will very probably sleep soundly and well. The other matter to which you refer should cause you no uneasiness whatever. It is simply a sign of health. Sleep on a hard mattress, and take a cold sponge bath each morning.

G. G.—We should recommend you to give up all your exercises for a considerable period. It is evident there is something more than mere muscular weakness at fault. Possibly you strain your-

[*Continued on page* 336.

"It is admitted by all that Oats are the most nutritious of all cereals, and that Scotland produces the best oats of any country in the world."

HIGHEST AWARDS AT LATE EXHIBITIONS.

Established 1813.

GRANT'S

SCOTCH

OAT FLOUR.

A NEW AND SPECIAL PREPARATION FROM FINEST SCOTCH OATS FOR INFANTS AND INVALIDS.

Sold in Tins by Family Grocers, Italian Warehousemen, &c.

GRANT'S SCOTCH OATMEALS & PEARL BARLEYS.

CRAIG MILLS, DUNDEE.

THE NEW FOOD.

WILSON'S BABY BISCUITS.

INFANTS' FOOD.

WILSON'S BABY BISCUITS.

INVALIDS' FOOD.

WILSON'S BABY BISCUITS.

IN SHILLING TINS.

Of Chemists, &c.

Sole Consignee, DAVID CHALLEN, London, N.

"HAMAMELIS" TOILET SOAP

By Her MAJESTY'S Royal Letters Patent. 1884.

The finest, best, and most delicious toilet soap in the world for the skin, guaranteed absolutely pure, each tablet contains a large proportion of the distilled extract of that wonderful plant, the "Hamamelis Virginica."—See the *Lancet*, *British Medical Journal*, *U. S. Dispensatory*, and other medical evidence on the value of "Hamamelis."

Dr. PROCTER, of India, writes:—"It possesses the valuable properties of Hazeline, the distilled active principles of the Hamamelis Virginica. Owing to the chemical qualities of Hazeline, this soap is manufactured with less Alkali than any other of similar quality, and is, therefore, the most valuable soap for the nursery. It possesses the most marked cooling and astringent properties, and thus softens and beautifies the complexion by acting on the pores of the skin, preventing the occurrence of redness or blotches and the formation of pimples, by freeing the sweat glands."

Dr. THOMAS SIMPSON, Glasgow, writes:—"I have used the soap you sent me and can give it unqualified praise. Hamamelis Virginica has been used in Homœopathic practice for twenty years, so that it is not an untried remedy, having proved of incalculable value in many disorders of the skin, especially in varicose states, &c. &c., and you have met a long-felt want in bringing it more prominently into public notice."

"The Hamamelis Toilet Soap has, in addition to its invaluable healing qualities, a delicious fragrance quite unique, and when once used will be found absolutely indispensable to the toilet."—*Court Journal.*

"There is no more delightful Toilet Soap in existence, and Hamamelis only needs to be used once to find a permanent home in every house."—*Court Circular.*

Numerous other Medical Authorities (too numerous to mention) unite in commending Hamamelis for the Skin.

OF ALL CHEMISTS. Price per Box of Three Tablets, Plain, 1s. 6d.; Wrapped and Highly Perfumed, 2s. 6d.

Sole Proprietors and Makers—JAS. ALEXANDER & CO.,

PURE TOILET SOAP WORKS, LAMBETH, S.E.

SCOTT'S EMULSION of PURE COD LIVER OIL

AND HYPOPHOSPHITES OF LIME AND SODA

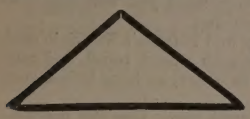
IS AS PALATABLE AS MILK.

Having all the virtues of the crude Cod-Liver Oil, in addition to the excellent tonic and strengthening properties of the Hypophosphites, it is

THE BEST REMEDY IN EXISTENCE FOR THE CURE OF

Consumption, Scrofulous affections, General Debility, Wasting Diseases, Coughs, Colds, and Bronchitis, and is unequalled for Children suffering from Marasmus and inability to digest ordinary food.

Any Chemist can supply it at 2s. 6d. and 4s. 6d.



AID TO THE INJURED.
In all cases of accident use
THE RED CROSS POCKET AMBULANCE,
Price 1s.; Post Free, 1s. 2d.
RUSSELL & EVERETT,
1, ROEHAMPTON ST., VAUXHALL BRIDGE RD., LONDON.

It contains Triangular Antiseptic Bandage as recommended by St. John Ambulance, tapes, pins, compress, antiseptic ointment, &c. Size of a pocket book. No ambulance student can do without it. Instructions printed indelibly on bandage. Any article removed and replaced with one hand. Agents wanted everywhere. Highly approved of by DR. ANDREW WILSON, Editor of *Health*; and recommended by the *Times*, *Daily News*, *Illustrated London News*, *Knowledge*, and the press generally.

Send Post Card for Circular and press opinions.

ASTHMA, HAY FEVER, &c.

Dr. Douglas's Maori Cigarettes.

The never failing remedy, and successful cure for the above painful and alarming diseases, and for Coughs and Shortness of Breath, are recommended by "Lancet," "Health," &c., and prescribed by the Faculty (See "HEALTH," of June 12).

Simple and safe for young, old, and delicate, as they contain no opiates. Price 2s. 6d. per box. Of leading Chemists, and post free for 2s. 6d. from Dr. DOUGLAS, Perth, N.B.

London Agents: EDWARDS & SON.
Edinburgh Agents: DUNCAN & FLOCKHART.

ROSE'S LIME JUICE CORDIAL.

Wholesome and Refreshing.

ANTI-SCORBUTIC,
BENEFICIAL
IN RHEUMATISM.

BONIFACIUS WATER, Pure from the Spring, as supplied to PRINCE BISMARK.

1/6 and 1/- per bottle. | *Medical Press*:—"Extremely beneficial in Gout and Rheumatic Affections, and gives relief in cases of Gravel, Stone, Kidney Diseases, Abdominal and Congestive Affections, Obesity, Hæmorrhoids, &c."

HESSIAN BITTER WATER, THE QUEEN of Aperient Waters. Highly Effervescing, Pleasant, and Refreshing.

1s. 1½d. per bottle.

TO BE HAD OF ALL CHEMISTS, OR OF THE IMPORTERS,
BONIFACIUS COMPANY, 13, RAILWAY APPROACH, LONDON BRIDGE, LONDON, S.E.

self in your gymnastics. The safe course, therefore, is to avoid them altogether. Continue the cold sponging, and wear a flannel belt. If not relieved, consult a surgeon.

M. OCLE.—Possibly the affection is due to mental worry. Take ten drops *Fer Bravais*, thrice daily after your food, in water, and wash the parts affected with Iodoform Soap and tepid water thrice daily. If not bettered write again. Dust a little of Woolley's Sanitary Rose Powder on the parts after washing.

L'EXPÉRIENCE.—We fully sympathize with you, but you will excuse us for remarking that your letter certainly gave us the impression of your being decidedly inclined to make the most of your symptoms. That you are "highly nervous" is, we think, evident, from your own admission. A medical opinion will certainly relieve your mind. If desired, we can send you address of a reliable physician on receipt of stamped addressed envelope. If you are wise you will see a physician as speedily as possible, as he may recommend you to spend your holidays in a suitable place.

W. P. GARRARD.—The salts of copper applied to an unbroken skin-surface are useless. That you name is not used in this country. We cannot recommend you to use it, save under the guidance of a specialist in skin diseases. The reference you give, you observe, is a German authority. Try first the simpler remedy of tincture of benzoin, one part added to nine parts rose-water, and use as a lotion. Touching the freckles with a crystal of nitrate of potash is regarded as a remedy.

D. W. J.—Drink the Victoria Water advertised in our pages. This (as an alkaline water) is admirably adapted for your case. Give up all alcohol, and take before your food fifteen drops *Fer Bravais* in water, thrice daily. Rest is absolutely necessary, and hot hip-baths are also to be recommended. Food to be light; little solid meat; soups, white boiled fish, milk, &c; and especially attend to the action of the bowels.

J. M. R.—Yes; keep the hair very short for a considerable time after it is allowed to grow again. Take the tonic recommended to "Hope," in the present number, as an aid to your general health, and rub into the roots Rowland's Macassar Oil. Wash the head once weekly with Hamamelis Soap and tepid water. If not bettered, write again.

HOPE.—Certainly a tonic is absolutely necessary in your case. Take a teaspoonful of Fellows' Syrup of the Hypophosphites in a wineglass of water thrice daily an hour before your meals. Use cold sponging each morning. Avoid constipation above all things. Sleep on a hard mattress in a well-ventilated room. Avoid fluids and suppers late at night, and take plenty of out-door exercise. By attention to these details you will get quite well.

W. KERMETH.—See and follow advice to "Hope" above. You need be under no apprehensions. What you complain of, unless over-frequent, is merely a sign of health, not of disease. The tonic above-named is calculated to do you much good, and to restore your tone in a short time.

R. W.—Any good druggist will supply you with the Cascara Cordial of Messrs. Parke, Davis, & Co. If your chemist does not keep it, let him order it for you. He will do so if he desires to keep pace with the times in the matter of new remedies.

SANITUS.—You are not required to understand the replies given to other correspondents in these pages. Each correspondent's case receives careful consideration and a separate reply. Read and follow advice given to "Petite Santé" in the last number of HEALTH. Continue to take stewed fruits, whole-meal bread, &c. You are quite mistaken in thinking that eating fruits, &c., is lowering. The Cascara Cordial recommended you will cure your constipation; afterwards attend to your diet.

MAC.—Try sponging with cold water and Tidman's Sea Salt each morning; use brisk friction thereafter with a hard towel, and take fifteen drops *Fer Bravais* thrice daily in water, an hour before your food.

MURIEL.—Stoeber's battery is a good one. Use the machine twice daily for not more than five minutes at a time, and study the effects upon the health. The two electrodes should be covered with chamois leather. The *plate* one should be attached to the positive pole of the battery and placed on the pit of the stomach, the patient lying on it. The other one (disc electrode) should be rubbed up and down the spine by another person. The electrodes supplied to many batteries are useless. The belt may be worn continuously for some time.

Trade Mark— **"HEALTH BELT."** —Trade Mark.

BY ROYAL LETTERS PATENT.

Harness' Electric Battery Belt.

The simplest, safest, most comfortable, most economical and most reliable adaption of Electricity for curative purposes ever invented—*vide* reports. Invaluable in all cases of Impaired Vitality, Nervous Debility, and the many distressing ailments consequent on defective circulation or sluggish organic action.

Requires no wetting with vinegar or other extraneous acid, and does not injure the most delicate skin. Need only be worn half-an-hour per day. Send for testimonials, or consult Mr. Harness personally (free of charge) at the rooms of

THE MEDICAL BATTERY CO., 52, Oxford St. London, W.

(Corner of Rathbone-place).

PREVENTION AND CURE.

SMALL-POX.—ANY person taken with this dread disease should be kept in a cool darkened room, to prevent disfigurement, and take nothing but Lamplough's Pyretic Saline. This simple treatment, after years of observation, has proved more effective than any other.

CHOLERA.—THE late eminent Dr. Stevens recommends Lamplough's Effervescing Pyretic Saline every 15 minutes to any one attacked by this disease. The success of the Saline treatment was such that, out of 465 cases so treated in Coldbath-fields Prison, all but four recovered.

LAMPLOUGH'S PYRETIC SALINE **"SAVED MY LIFE,"** (NEVER BE WITHOUT IT.)

"For the Fever had obtained a strong hold on me. In a few days I was quite well."—*Extract from letter of C. Fitzgerald, Esq.*, when Correspondent of the *Manchester Guardian* in Albania.

THE GREAT REMEDY for Headache, Sea or Bilious Sickness, Constipation, Indigestion, Lassitude, Low Spirits, Heartburn, and Feverish Colds; prevents and quickly relieves or cures the worst form of Typhus, Scarlet, Jungle, and other Fevers, Prickly Heat, Measles, Eruptive or Skin Complaints, &c.

Sold by all Chemists in Bottles at 2s. 6d., 4s. 6d., 11s., and 21s. each.

H. LAMPLOUGH, 113, HOLBORN, LONDON, E.C.

22 PRIZE MEDALS AND CERTIFICATES.

JEYES'

'PERFECT PURIFIER,'

The Best and Cheapest DISINFECTANT, DEODORISER, AND CLEANSER.

NON-POISONOUS! NON-CORROSIVE!

SOLD BY ALL CHEMISTS, &c.

JEYES' SANITARY COMPOUNDS CO. Lim. 43, CANNON STREET, LONDON, E.C.

DOULTON & CO., LAMBETH, LONDON, S.E.

DOULTON'S

MANGANOUS CARBON FILTERS

(DR. BERNAYS'S PATENT).

ADVANTAGES:—

MANGANOUS CARBON possesses very high FILTERING POWER.

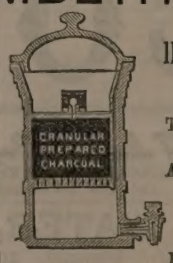
Can be readily taken to pieces for cleansing.

NO water can remain in reservoir to become stagnant.

An entire absence of corrodible material.

DOULTON'S

IMPROVED GRANULAR CHARCOAL FILTER.



ADVANTAGES:—

The Lower Bed is kept perfectly clean, thus adding to the durability of the Filter.

A DOUBLE ACTION secured to the power of the Filtering Medium.

Any description of Filter refitted at moderate charge.

Prize Medal, International Health Exhibition, 1884.

DOULTON & CO. also manufacture Boudoir or Table Filters, Pocket and Syphon Filters for Tourists' use, Manganous Carbon, Self-Acting Cistern Filters, Refrigerator Filters, Main Service Filters for Manufacturing purposes, Hotels, &c. May be had of all Dealers.

DOULTON & CO., LAMBETH, LONDON, S.E.

DEPOTS—100, SOHO ST., LIVERPOOL; GRANVILLE ST., BIRMINGHAM; AND 6, RUE DE PARADIS, PARIS.

TRADE MARK.

PRIZE MEDAL, HEALTH EXHIBITION, 1884.

TIDMAN'S SEA SALT

For Producing a Sea Bath in your own Room.

The contents of a 7-lb. box suffice for 22 gallons of water. All who desire health and strength should daily use this unrivalled invigorator.

World-wide renown having induced many imitations, purchasers should see that every package bears the Proprietor's Trade Mark.

SOLD IN BAGS AND BOXES BY ALL CHEMISTS.

ROWLANDS' MACASSAR OIL

has been known for more than 80 years to be the best and safest preserver and beautifier of the hair; it contains no lead, mineral, or poisonous ingredients, and can now also be had in a golden colour, for fair and golden-haired children and persons. Sizes 3s. 6d., 7s., 10s. 6d., & 21s. Sent by Post for 3d. above these prices. Ask for ROWLANDS' MACASSAR OIL, of 20, Hatton-garden, London. Sold everywhere.

Gold Medal, International Health Exhibition.

Wm. Woollams & Co.

ORIGINAL MANUFACTURERS,

ARTISTIC WALL-PAPERS.

Guaranteed free from Arsenic.

SHOWROOMS:

110, HIGH STREET, MANCHESTER SQ., LONDON, W.

Of all Decorators and Contractors.

☞ SOLE ADDRESS.

NOTE TRADE MARK.

THE BEST TONIC.

FER BRAVAIS.

COMPOSITION—Pure Iron, combined with Oxygen without Acid.

ADVANTAGES—Does not Constipate. Does not Stain the Teeth.

INVALUABLE IN ALL CASES OF WEAKNESS.

Lancet says:—"A beautiful and interesting preparation."

British Medical Journal says:—"An eminent London Physician writes to us: 'I have tried it extensively, and given it in cases in which no other form of iron could be taken. It is the best preparation of iron that I have met with.'"

May be obtained of all Chemists in portable Cases, with Drop Measure complete.

FER BRAVAIS.

SUMMER TOURS IN SCOTLAND.

GLASGOW AND THE HIGHLANDS.

(Royal Route viâ Crinan and Caledonian Canals.)

THE NEW ROYAL MAIL STEAMERS Grenadier, Claymore, Columba, Iona, Chevalier, Gondolier, Lochawe, Mountaineer, Pioneer, Glengarry, Clydesdale, Linnet, Clansman, Cavalier, Staffa, Glencoe, Inverary Castle, Islay, Lochiel, Fingal, and Lochness,

Sail during the Season for Kyles of Bute, Ardrishaig, Islay, Oban, Fort William, Inverness, Staffa, Iona, Glencoe, Loch Awe, Tobermory, Portree, Gairloch (Loch Maree), Ullapool, Loch Inver, and Stornoway, affording Tourists an opportunity of visiting the magnificent scenery of Glencoe, the Cuchullin Hills, Loch Coruisk, Loch Maree, and the famed Islands of Staffa and Iona. Official Guide Book, 3d. Illustrated, 6d., cloth gilt, 1s. Time Bill, with Map and Tourists' Fares, free by post from the Owner, DAVID MACBRAYNE, 119, Hope-street, Glasgow.

MORSON'S PEPSINE

Preparations of

Highly recommended by the Medical Profession for

INDIGESTION.

As Wine in Bottles at 3s., 5s., and 9s.; Lozenges, 2s. 6d. and 4s. 6d.; Globules, 2s., 3s. 6d., and 6s. 6d.; and Powder, as "Medicinal Pepsine," at 2s. 6d. and 4s.; and "Porci," a more concentrated preparation than the Medicinal, at 4s. 6d. each.

SOLD BY ALL CHEMISTS.

The popularity Pepsine has acquired as almost a specific for chronic dyspepsia, indigestion, &c., is due to the fact that it is the nearest possible production of the active principle of the gastric juice of the stomach. Unfortunately, like all other inventions of a like nature, Pepsine has been not slightly discredited by the spurious manufactures that have been issued from time to time; it is therefore necessary as a guarantee of its efficacy to see that each bottle bears the makers' name,

MORSON & SON,

Southampton-row, Russell-square, LONDON.

Papier Preservateur

Of Drapers and Chemists in Ten Yard Rolls, 4s. 6d., or by Parcel Post of Makers.

Can now be had at Retail.

Ladies who wish to be CERTAIN their clothing will not be injured by either MOTH or MILDEW should wrap it in this new chemical paper.

BUILDING PAPER.

Cheap, Light, Strong, Waterproof. In 10-yd. rolls, 40in. wide, 2d. per yard. Sample roll, Parcel Post, 2s. 6d. Use under slate and tile; temporary roofs; linings for dog kennels, outhouses, &c. *The best cure for damp walls.* For export.

Chemical Papers Co. Lim.

3, Lombard Court, London.

THE "CRITERION" CAFÉTIÈRE.

(ARNDT'S PATENT).

Extracts, by simply filling the upper part with boiling water, all the palatable and wholesome properties of coffee without extracting the injurious substances, such as caffeine and tannic acids. No possible loss of aroma. Recommended by the highest medical authorities.

May be obtained at all the principal furnishing ironmongers' in the kingdom.

Sizes, 2, 4, 6, 8, 12, large cups. Block Tin, 3s. 6d., 4s. 6d., 5s. 6d., 6s. 6d., 7s. 6d. Rolled Nickel, 8s., 12s., 15s., 18s., 21s.

WHOLESALE AGENTS,

THOMAS P. COOK & CO.,

34, Snow Hill, London.

SCHWEITZER'S COCOATINA.

Anti-Dyspeptic Cocoa, or Chocolate Powder.

GUARANTEED PURE SOLUBLE COCOA OF THE FINEST QUALITY.

The FACULTY pronounce it "the most nutritious, perfectly digestible Beverage for BREAKFAST, LUNCHEON, or SUPPER, and invaluable for Invalids and Young Children.

Being without sugar, spice, or other admixture, it suits all palates, keeps for years in all climates, and is four times the strength of Cocoas thickened yet weakened with arrowroot, starch, &c., and in reality cheaper than such mixtures.

Made instantaneously with boiling water, a Teaspoonful to a Breakfast Cup, costing less than one halfpenny.

COCOATINA possesses remarkable sustaining properties, and is specially adapted for early Breakfasts.

In Air-tight Tins, at 1s. 6d., 3s., 5s. 6d., &c., by Chemists and Grocers.

CAUTION TO PARENTS.

THE delicate Skin of Infants and Children is particularly liable to injury from coarse and unrefined Toilet Soap, which is commonly adulterated with the most pernicious ingredients; hence, frequently, *the irritability, redness, and blotchy appearance of the Skin from which many Children suffer.* The Public have not the requisite knowledge of the manufacture of Soap to guide them to a proper selection, so a pretty box, a pretty colour, or an agreeable perfume too frequently outweighs the more important consideration, viz: **the composition of the Soap itself.** It should be remembered that **artificially coloured Soaps are frequently poisonous,** particularly the Red, Blue and Green varieties; and nearly all Toilet Soaps contain an excess of Soda. White Soaps, such as "Curd," usually contain much more *Soda* than others, owing to the use of Cocoa Nut Oil, which makes a bad, strongly alkaline soap very injurious to the skin, besides leaving a disagreeable odour on it. The serious injury to children resulting from these Soaps often remains unsuspected in spite of nature's warnings, until the unhealthy and irritable condition of the skin has developed into some *unsightly disease*, not infrequently baffling the skill of the most eminent Dermatologists.

PEARS' TRANSPARENT SOAP

IS RECOMMENDED AS ABSOLUTELY PURE;
FREE FROM EXCESS OF ALKALI (SODA),
AND FROM ARTIFICIAL COLOURING MATTER.
IT IS DELIGHTFULLY PERFUMED, REMARKABLY DURABLE,
MAY BE USED TO THE THINNESS OF A WAFER—SO THAT THERE IS NO WASTE,
AND HAS BEEN IN GOOD REPUTE NEARLY 100 YEARS,
AND OBTAINED

Seven International Prize Medals.

The Following Testimony is extracted, by permission of the publishers, Messrs. Chatto & Windus, from *"The Hygiene of the Skin,"* by **Mr. J. L. MILTON, Senior Surgeon** *to "St. John's Hospital for the Skin," London.*

"FROM time to time I have tried many different Soaps, and I have now, after **Fifteen Years'** careful trial in "many hundreds of cases, both in hospital and private practice, no hesitation in giving my verdict to the effect "that *nothing has answered so well or proved so beneficial to the skin as* **"Pears' Transparent Soap.**

PEARS'
TRANSPARENT
SOAP
IS SOLD EVERYWHERE.

FOR THE TOILET AND NURSERY, TABLETS AND BALLS, 1s. Each.
Larger Sizes 1s. 6d. and 2s. 6d. each. The 2s. 6d. Tablets *are perfumed with* Otto of Roses.
A smaller Tablet (unscented) is sold at 6d.

ESTD. 1789.
A. & F. PEARS,
Soap Makers by appointment to H.R.H. the Prince of Wales.
91, Great Russell Street, London, W.C.

THE durability is such that a Shilling Tablet is sufficient on an average for a child's bath for two months, hence it is actually *cheaper* in the end than a lower priced and inferior article. To prevent disappointment, the public are requested to ask for **"Pears' Transparent Soap,"** and to see that each packet contains their circular, headed **"Victoria Veritatis,"** and signed thus ☞

A & F Pears

Printed and Published for the Proprietors by CHARLES WYMAN, at the Printing Office of Wyman & Sons, 74-76, Great Queen-street, London, W.C.